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**YEAST/FUNGAL INFECTIONS IN THE GROIN OR BREAST
AREA...TYPICALLY CAUSED BY ONGOING MOISTNESS OF SKIN AND
SECONDARY INFECTION**

Basics of topical treatment

DO NOT USE SOAP. There is no way to sterilize the area and generally speaking, your skin is happiest when it has some germs around, as this is its normal situation.

WASH WITH EITHER PLAIN WATER OR CETAPHIL LIQUID CLEANSER (available over-the-counter at any CVS, Wagreens, etc.....) Avoiding soap will prevent irritation in the area and it will prevent the area from getting 'dried out' as soaps often do.

DRY THOROUGHLY. Probably the best way to do this is to use a hair blower on medium heat. Alternatively, you can 'pad' the area dry with a dry towel or air dry and let nature dry things up.

USE A SMALL AMOUNT OF NYSTATIN POWDER (prescription). Sprinkle a small amount of powder to the area...and that's it.

This approach is 90+% likely to fix your irritation/infection.