



[Authoritative facts](#) about the skin from the [New Zealand Dermatological Society Incorporated](#).

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## Treatment of fungal infections

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The trade names of the medications sold in New Zealand are given in parentheses.

### General measures

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- Correct predisposing factors where possible.
- Keep the affected skin clean and dry. Wash daily. Take care to dry between the toes and in the skin folds; use a hair dryer if necessary. Use your own towel.
- Carefully clean the shower or bath using bleach.
- Hot wash socks, towels, bathmats at a temperature of at least 60C.
- Regularly wash floors where you walk bare foot.
- Antiseptics
  - Dequalinium chloride lozenges for [oral candidiasis](#) (Dequacaine®, Dequadin®)
  - Di-iodohydroxyquinoline for [vulvovaginal candidiasis](#) (Floraquin® vaginal tablets).

### To reduce reinfection

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Fungal spores can survive long periods. To reduce the chance of reinfection:

- Do not share towels, sheets or personal clothing.
- Avoid walking bare foot where others may tread – wear jandals, sandals or aquasocks at the public pools and sports changing rooms.
- Avoid long periods wearing the same clothing, or wearing occlusive clothing such as wet weather gear and nylon pantyhose.
- Wear open-toed sandals when possible. Avoid long periods in occlusive footwear such as gum boots or tramping boots.
- Use antifungal foot powder e.g. ciclopirox (Batrafen®), econazole (Pevaryl®), miconazole (Daktarin®, Fungo®), tolciate (Tolmicen®), tolnaftate (Tinaderm®), undecylenic acid (Mycota®). Sprinkle it in your shoes.
- In the case of zoophilic fungal infections, infected animals should be identified and treated.

Link to other DermNet NZ pages:

- [Topical antifungal medications](#)
- [Oral antifungal medications](#)

#### Related information

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On DermNet NZ:

- [Introduction to fungal infections](#)
- [Topical antifungal medications](#)
- [Oral antifungal medications](#)

**Books:**

See the [DermNet NZ bookstore](#)

DermNet does not provide an on-line consultation service.

If you have any concerns with your skin or its treatment, see a [dermatologist](#) for advice.

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