

Table E.5 Topical treatments for tinea

Medication	Dosage	Duration of treatment	Comments
Bifonazole	Once daily	2–3 weeks; 14 days after symptoms resolve	The treatment of choice for mild localised infections.
Clotrimazole	2 or 3 times daily	2–4 weeks; 14 days after symptoms resolve	
Econazole	2 or 3 times daily	14 days after symptoms resolve	
Ketoconazole	Once or twice daily	2–6 weeks; 14 days after symptoms resolve	
Miconazole	Twice daily	One month; 14 days after symptoms resolve	
Terbinafine	Once daily	1 week	Produces a more rapid response than azoles; may be useful when patient compliance beyond 1 week cannot be ensured.
	One application (liquid)	<i>T. pedis</i> : apply once	Area should not be washed for 24 hours following application.
Tolnaftate	Two to three times daily	3–6 weeks; 14 days after symptoms resolve	Considered less effective than imidazoles and terbinafine.

H. Adverse effects^{6–8}

The patient needs to know the most common and important adverse effects of the medicine.

- Topical preparations are generally well tolerated; may occasionally cause erythema, itching and irritation.
- With oral antifungal agents, common adverse effects include gastrointestinal problems and headaches.

I. Precautions^{6–8,11}

- Terbinafine gel contains alcohol and should not be used on inflamed lesions or sensitive areas such as the face.
- Griseofulvin may reduce the efficacy of oral contraceptives: patients should take additional contraceptive precautions during treatment. It should not be taken during pregnancy, and additional contraception should be continued

for four weeks after stopping therapy. It is also thought to affect sperm: men are advised not to father a child during and for six months after treatment. It may reduce the anticoagulant effect of warfarin.

- Oral terbinafine has rarely caused hepatic failure and neutropenia. Liver enzymes and blood count should be monitored if treatment exceeds six weeks. Patients should inform the doctor if they develop tiredness, nausea, anorexia, dark urine, pale faeces or jaundice.
- Triazoles have been associated with hepatotoxicity and hypokalaemia. Liver function and serum potassium should be monitored during therapy. Triazoles inhibit several CYP450 enzymes and may interact with many other drugs.

J. Prevention

A number of measures may be suggested to prevent tinea^{2,4,5}:

- Maintain good hygiene and keep the skin and feet clean and dry.
- Wear loose-fitting cotton clothes.
- Wear clean cotton socks and shoes made of leather or breathable material.
- Avoid walking barefoot.
- Do not share clothes, hairbrushes or towels.
- If using communal showers at swimming centres, gyms, and soon, wear thongs, washable sandals or shoes.
- Children with *Tinea corporis* should be excluded from schools and swimming pools until at least 24 hours after starting treatment.

K. Additional information

Provision of the *Tinea* Self Care Fact Card or other printed information for consumers is appropriate.

References

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