

Jock Itch (Tinea Cruris)

(A common fungal rash affecting the groin and inner thighs)

What Is Jock Itch?

Jock itch, also called **tinea cruris**, is a common **fungal skin infection** that affects the groin, inner thighs, and sometimes the buttocks. It tends to occur in warm, moist areas and is more common with sweating, friction, tight clothing, and athlete's foot.

What Does It Look Like?

Common signs include:

- Itchy or burning rash in the groin
- Red, pink, brown, or darker patches depending on skin tone
- Scaly or raised border
- Rash spreading outward in a ring-like pattern
- Flaking, cracking, or irritation



How Does It Spread?

Jock itch can spread from:

- Athlete's foot to the groin through towels or clothing
- Shared towels or athletic gear
- Sweating and friction
- Tight clothing that traps moisture

How Is Jock Itch Treated?

Treatment may include:

- Antifungal creams, gels, sprays, or powders
- Prescription-strength topical antifungals
- Oral antifungal medication for severe or recurrent cases
- Treating athlete's foot if present
- Keeping the area dry and reducing friction

Avoid using steroid creams alone unless directed, because they can worsen fungal infections.

Pre-Op Instructions

(Before evaluation or treatment)

- Keep the area clean and dry.
- Avoid applying heavy creams or steroid ointments before your visit if possible.
- Bring a list of OTC creams or powders you have tried.
- Tell us if you also have athlete's foot, toenail fungus, diabetes, or immune suppression.
- Wear loose clothing to reduce irritation.

Post-Op Instructions

(After starting treatment)

- Use antifungal medication exactly as directed.
- Continue treatment for the full course, even if symptoms improve early.
- Keep the area dry after bathing or sweating.
- Change sweaty clothing promptly.
- Avoid sharing towels or athletic gear.
- Treat athlete's foot at the same time if present.

Call the office if the rash spreads, becomes painful, drains pus, or does not improve with treatment.

Jock Itch FAQ

Is jock itch an STD?

No. Jock itch is a fungal infection, not a sexually transmitted infection.

Is it contagious?

Yes. It can spread through skin contact, towels, clothing, or from athlete's foot.

Can women get jock itch?

Yes. Although the name is common in men, anyone can develop tinea cruris.

Can steroid cream make it worse?

Yes. Steroids can reduce redness temporarily while allowing fungus to spread.

How long does treatment take?

Many cases improve within 1–2 weeks, but treatment may need to continue longer to prevent recurrence.

Why does it keep coming back?

Common reasons include sweating, tight clothing, untreated athlete's foot, stopping medication too early, or contaminated towels/clothing.

When should I see a dermatologist?

Schedule a visit if the rash is recurrent, painful, widespread, unclear, or not improving with antifungal treatment.