

# Treatment of Ringworm

**Disclaimer:** THIS IS NOT MEDICAL ADVICE. If you have any questions about or concerns about your wrestler you absolutely should get professional help. The information below was pulled from a few online wrestling sites/blogs and was tested and confirmed to work on a single wrestler.



**Ringworm:** Dermatophytosis, more commonly known as as ringworm, is a fungal infection of the skin. Ringworm is a misnomer. The infection isn't caused by a worm. It's caused by a fungus. Ringworm is a very infectious and common skin infection causing a ring shaped red rash. Ringworm is common in wrestling. All wrestlers are inspected before matches by the referee at weigh ins and are not allowed to wrestle if ringworm is detected.

## **Prevention & Detection:**

- Wrestlers should wash thoroughly with soap and water as soon as possible after each practice and match.
- The mats at school are mopped daily with a treatment.
- All street shoes should be removed before entering the wrestling room and placed to the side.
- Wrestlers should inspect their skin often to look for potential ringworm.
- Anti-fungal wipes can be brought to all day matches to be used after each match.

**Materials:** All over the counter and available at most drug stores.

- Band-aids
- Blue Star Ointment
- Selsun Blue Shampoo
- Tea Tree Oil
- Wash cloth
- Lamisil Antifungal Cream

## **Treatment:**

1. Wash area with damp wash cloth and a few drops of Selsun Blue. Wipe away shampoo with damp wash cloth and dry with a tissue or toilet paper. The Selsun Blue helps kill the ringworm and makes the area "open" for the medication and washing with a wash cloth removes the dead skin that the ringworm fungus feeds on. Make sure to launder the wash cloth after each use.
2. Apply medication to area then cover with bandaid which helps keep the medication on the site. Alternate usage of Blue Star Ointment and Lamisil. *Example:* Blue Star in the morning, Lamisil in afternoon right after practice, then Blue Star before bed, Lamisil the next morning, etc...
3. Repeat steps 1-2 three times a day until ringworm is mostly gone.
4. Once ringworm is mostly gone discontinue steps 1-3 and just apply some Tea Tree Oil a couple times a day until area is 100% clear. No band-aids necessary.

If the ringworm spreads to under hairline you may need to see a doctor. When in doubt get professional help. Reminder, THIS IS NOT MEDICAL ADVICE.