

Referral Support Service

Breast

B10 Nipple Rash

Definition

Persistent itchy rash around the nipple - areolar complex

Exclude Red Flag Symptoms

Associated lump, ulceration, skin distortion, unilateral nipple discharge.

Management

- If itchy advise regular application of moderately potent topical steroid for at least 2 weeks and review response
- Treat any apparent associated infection with **flucloxacillin** or **clarithromycin** – as per [North Yorkshire antimicrobial guidance](#) (cellulitis and wound infection)
- Refer two week rule if not resolved within 2 weeks of good compliance with treatment (purpose of referral is to exclude Pagets Disease of the Nipple.)
- If condition is clearly part of a more generalized eczema dermatology referral may be worth considering

If not itchy, referral advised whether involving nipple or not

Referral Information

Information to include in referral letter

- Duration of symptoms, treatments tried and response to this.
- Relevant past medical / surgical history
- Current regular medication
- BMI/ Smoking status

Investigations prior to referral

Assess for other manifestations of skin disease.

References

www.patient.co.uk/doctor/pagets-disease-of-breast