

Fast Facts

Boils

- Also known as furuncles
- Form under your skin
- Start as red lumps that are tender when you touch them and quickly fill with pus causing them to grow in size resulting in more pain. Eventually, the boil will rupture and drain
 - Result of bacteria infecting and inflaming an area on under your skin
- Can occur anywhere on your body, but mostly on face, neck, armpits, buttocks or thighs
 - If it involves the hair follicles, it is known as folliculitis
- Sometimes, boils form close together and can become connected under your skin, called carbuncles and appear on the back of your neck, shoulders or thighs
 - Carbuncle infections are deeper under your skin and more likely to result in a scar
- Chronic furunculosis is when you have an area boils that occur over a period of time/reoccur

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Start as a small, red, painful bump -Skin around the area is red and swollen -Increases in size (it can become the size of a baseball) and fills with pus (forms a yellow-white tip) -Will rupture and drain on its own <p><i>Carbuncles also have:</i></p> <ul style="list-style-type: none"> -Fever -Body chills -Feel sick 	<p><i>Boil Treatment:</i></p> <ul style="list-style-type: none"> -Done at home -Apply warm compresses to alleviate pain and encourage drainage -Don't pick or squeeze the boil -Wash your hands after caring for boil <p><i>Carbuncle Treatment:</i></p> <ul style="list-style-type: none"> -Doctor makes a small incision into the area to help facilitate drainage -Doctor may pack the area with sterile gauze to soak up additional pus allowing area to heal from the inside -Doctor will prescribe antibiotics <p><i>Note:</i> If a boil occurs on your face, rapidly increases in size/pain, causes a fever, is more than two inches across, taking a long time to heal, keeps coming back or you have more than one at a time, see your doctor</p>	<ul style="list-style-type: none"> -Wash hands regularly and properly with mild soap -If you have any cuts or abrasions, keep them clean and cover them with a bandage -Don't share personal items, such as towels, sheets, razors, clothing or athletic equipment -If you have a cut, sore or boil, wash towels, sheets and clothing that come into contact with the area in hot water with detergent and bleach and dry the items in a dryer with the heat set to high -If you already have a cut or boil, don't scratch at it

Proper Handwashing Technique

- Wet hands with clean, running water (warm or cold)
 - Lather hands with soap
- Scrub hands for at least 20 seconds, include backs of hands, between fingers, and under nails
 - Rinse hands well under clean, running water
- Dry hands using a clean towel or allow them to air dry
- Turn off the running water/open a door to leave the bathroom with a paper towel

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