



Tinea Pedis / Athlete's Foot

A fungal infection on the skin of the feet. Commonly appears as:

Redness, splitting, itching, maceration between the toes.

Small brown vesicles with redness and itching.

Powdery peeling skin on the soles of the feet.

Treatment:

Use Lamisil cream, gel or spray, Terbinafine cream, Daktarin Cream – used either once or twice a day (follow instructions in the packet)

Lamisil Once – needs just one application

To prevent recurrence:

- Use Lamisil /Terbinafine/ Daktarin weekly.
- Always dry feet well.
- Discard old hosiery.
- Disinfect shoes with Lamisil Spray.
- Don't wear occlusive or tight shoes.
- Do wear hosiery with a high cotton or wool content.
- Alternate footwear to allow drying time.
- Treat fungal infections in other areas of the body eg hands or groin.
- Make sure that everyone in the whole household is free of infection.
- Don't share towels.
- Use flip-flops in changing rooms.

For more information on general foot problems and foot health visit the Society of Chiropodists and Podiatrists website: www.feetforlife.org