

Our highly skilled podiatrists

are registered with the Health Care Professionals Council (HCPC) and members of the College of Podiatrists. The practice is accredited by the College of Podiatrists (CoP).

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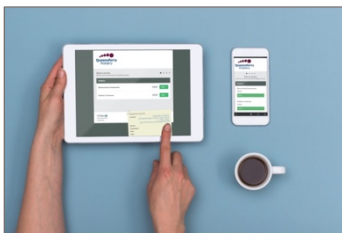
Angela Miller
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Professional and caring podiatrists



Athlete's Foot

Treatment Advice

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What is Athlete's Foot?

Athlete's foot is relatively common and is a fungal infection of the skin, usually seen in between the toes or on the sole of the foot. It often causes the skin to flake, peel or even split.

It is a highly contagious condition and can be spread by direct contact, or by touching a surface that has been in contact with infected skin, this can commonly be gym floors, towels, bed sheets etc.

Gyms and changing rooms are often cited as places for the infection to spread due to the warm moist environment.



Athlete's foot is medically known as tinea pedis.

Symptoms?

- It can be very uncomfortable at its worst, or mildly itchy at its least.
- The skin may become soggy and white in appearance.
- Cracks may develop between the toes and the skin may be red and raw.
- If left untreated it can spread to other toes and the whole foot.
- In the later stages the skin will flake, and become pus filled and weep or a rash may appear.

Prevention?

Wash feet thoroughly with soap and water.

Dry thoroughly, especially between the toes.

Do not share towels.

Hosiery should be changed daily and should be made of natural fibres i.e. wool or cotton, if possible.

Avoid shoes made of synthetic materials, allow the shoe to dry out overnight.

Do not share or borrow shoes.

To prevent reinfection, disinfect shoes with an anti-fungal spray.

Do not go barefoot in communal areas – use flip flops.

Keep following this advice after finishing treatment to help stop athlete's foot coming back.

Treatments

Athlete's foot is unlikely to get better on its own, but you can buy antifungal medicines from a pharmacy. They usually take a few weeks to work.

Athlete's foot treatments are available as: sprays, creams, and powders. Please ask your podiatrist or pharmacist which one is suitable for you.

They're not all suitable for everyone – for example, some are only for adults. You might need to try a few treatments to find one that works best for you.