

# Welcome to Queensferry Podiatry

Established in 1999, we have dedicated over 25 years to providing a professional and welcoming podiatry service. Our expertise includes:

- Routine issues, such as nail problems, hard skin and corns.
- Diabetic foot care and check-ups.
- Musculoskeletal problems.
- Orthotic fitting.
- Nail surgery.

- ✓ Our podiatrists are degree trained.
- ✓ Registered with the Health Care Professionals Council (HCPC).
- ✓ Members of the Royal College of Podiatrists.

## Individual Advice:



## Contact Information



### Forth Physio

27 High Street, South Queensferry



### Phone

0131 331 1296



### Email

queensferrypodiatry@gmail.com

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## Athlete's Foot (Fungal Skin Infection)



## Guidance for Patients



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## What is Athlete's Foot?

Athlete's foot is relatively common and is a fungal infection of the skin. Up to one in four people have athlete's foot at some point in their lives.

Fungal germs (fungi) often occur in small numbers on human skin where they usually do no harm. However, if conditions are right they can invade the skin, multiply and cause infection. The conditions fungi like best are warm, moist and airless areas of skin, such as between the toes and often causes the skin to flake, peel or even split.

## Is Athlete's Foot Contagious?

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.

## 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 can become pus filled and weep.

## 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.

## Treatment if you have Dry Skin

If the condition occurs on a dry area of the foot, such as your heel, you need to restore moisture by rubbing in an anti-fungal cream or spray, sometimes combined with a steroid cream (all from your pharmacist). Wash your hands thoroughly afterwards.

## Treatment if you have Moist Skin

Wash your feet in water as cold as you can bear (hot water only makes your feet fungus-friendly) then dry them thoroughly, with a separate towel. Although the skin may appear flaky and dry, never use moisturiser between your toes, and avoid powders as they can cake up and irritate skin.

A spirit-based preparation such as surgical spirit can help - it's cooling, soothing and antiseptic. This may sting a little but will help the moisture evaporate and allow the skin to heal. Only use on unbroken skin.

You should also avoid using anti-fungal powders between the toes, although they're good for dusting inside shoes and trainers. Although symptoms may disappear after several days or weeks of treatment, the fungus can lie dormant and could eventually reappear in the right environment. Some products require continued treatment for many weeks – always follow the instructions fully. Also, be alert to symptoms so that you can deal with any problems straight away.