Tinea Pedis (Athlete's Foot)

Your exam shows you have athlete's foot, a fungus infection that usually starts between the toes. **This condition is made worse by heat, moisture, and friction**. To treat it you should wash your feet 2-3 times daily, drying well especially between the toes. Wear cotton socks to absorb sweat and change them twice a day if possible. You should allow your feet to be open to the air as much as possible and wear sandals when possible.

The first step in treatment is prevention:

- **Do not** share towels.
- Wear sandals or other foot protection in wet areas such as locker rooms, shared showers and public swimming pools.
- Keep your feet dry. Wear shoes that allow air to circulate and use cotton or wool socks.

Many products are available to treat athlete's foot. Most are medications that kill fungus and are available as powders or creams. Some require a prescription, some do not. Your caregiver or pharmacist can make a suggestion. **Do not** use steroid creams on athlete's foot.

SEEK MEDICAL CARE IF:

- You develop a temperature with no other apparent cause.
- You develop swelling and soreness & redness (*inflammation*) in your foot.
- The infection is spreading. Your foot becomes swollen, hot and red (*inflamed*).
- Treatment is not helping.
- Athlete's foot is not better in 7 days or completely cured in 30 days.
- You have any problems that may be related to the medicine you are taking.

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