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Don't Let Athlete's Foot Lay You Up!

Athlete's foot (also called Ringworm) is a superficial fungal infection of the skin. It is a very common affliction, especially among males. In the early stages, fluid-filled blisters occur on the soles, sides, or in between the toes of the feet. Later, these areas become red, dry, scaly fissures. Dangerous secondary infections can occur if the primary fungal infection is not treated early.

Treatment

1. Minimize heat and sweating. Thoroughly scrub the feet with a warm solution of laundry detergent. Use a wash cloth to remove dead skin. Rinse your feet thoroughly and dry with a soft, clean towel. Powder your feet liberally with medicated foot powder, and be sure to get between the toes. Tinactin and Aftate powder are two good commercial products. If these things do not work, try a roll on deodorant over the bottom of the foot at bedtime, and cover the foot with saran wrap and a sock. Wash off excess powder in the morning. Repeat this process every night for one week, then once or twice a week as needed. This will stop the sweaty feet, but it will not get rid of the fungus!
2. Wear well ventilated shoes or sandals. Avoid using rubber or plastic shoes or boots which prevent proper breathing.
3. Wear white cotton or Cool Max socks.
4. Apply Lamsil Cream in the morning and at bedtime.
5. Use anti-fungal dusting powder such as Aftate or Desenex between the toes on a daily basis.
6. Continue the treatment for two weeks after you think the condition has cleared. If the area becomes red or swollen, is draining, or is not improving within 2-3 weeks, you should call me.
7. Note: The older fungal medications stopped the growth of the fungus. Lamisil Cream kills the fungus. It takes 1-2 weeks to clear up a severe athlete's foot infection, versus 5-6 weeks with the older medications such as Lotrimin. Also, please note that the athlete's foot fungus can get under the nails and cause thickening and flaking of the nail.