

Athletes foot - advice sheet

Please:

- Use Terbinafine (Lamisil) or Miconazole (Daktarin) cream, apply as directed.
- Wear only natural fibre socks.
- Change shoes every day and let them breathe before wearing them again.
- After the Athletes foot has cleared up, use surgical spirits applied on a cotton wool bud twice a week in between toes.
- You can also use Daktarin spray, Lamisil spray, Mycil powder or Mycota powder in socks and shoes and in between toes daily and across the foot (apply cream first if significant infection).
- Wash slippers.
- Don't share towels.
- Sit with feet exposed to dry out skin if sweaty.
- Wear leather shoes only.
- Wash hands after application of medication, to prevent transfer to face and hands.
- If feet are sweaty, put a couple of small potassium permanganate crystals (KMnO₄) in a bowl of warm water and bathe feet for 5 minutes every other day.
- Wear flip-flops in changing rooms and showers until the infection has been clear for 2 weeks.

Please use the following products for your:

Nails:

Skin:

Footwear:

