

Athletes Foot

This leaflet is intended to provide simple practical information about how you can self-manage this problem.

Athletes foot is a fungal infection which affects the outer layers of the skin and nails and which can occur in any age group. It may have some or all of the following symptoms:

Skin

- Red or raw looking skin, which is often itchy.
- Cracking, peeling or scaling of the skin between the toes.
- White and soggy skin, especially between the fourth and little toes.
- Sore, fluid filled, or weeping rash.
- Small spot like blisters on one or both feet.
- A dry scaly rash on the bottom and sides of the feet.

Nails

- Thickening of the affected nail.
- Brittleness.
- Discolouration – yellow or brown appearance.

- Deformity- oddly shaped nail which may separate from the skin at the free edge.
- Lack of growth.
- Discomfort or minor pain

Treatment

Treatment may vary depending upon the nature and severity of each infection. Antifungal creams and powders are available from the chemist and should be applied up to two weeks after the symptoms have cleared.

Prevention

- Wash your feet daily with soap and tepid water.
- Dry your feet thoroughly paying particular attention between the toes.
- Choose hosiery made from natural fibres which allows moisture to evaporate.
- Change your socks or hosiery daily.
- Do not share towels, socks or shoes.
- Wear well fitting shoes or sandals, which allow the air to circulate.
- Choose shoes made from a natural fibre such as leather which allow the feet to breathe.

- Paint surgical spirits in between your toes daily with a cotton bud and allow to evaporate and dry.
- Do not use surgical spirits if it 'stings'.
- If you are applying cream for your skin infection or treatment to the nails, it is important to treat all your shoes or slippers with an antifungal powder or spray and wash socks well, preferably a hot wash.
- A number of different organisms can cause fungal infection, which can appear in varying levels of severity on the skin and nails.
- Footwear creates an ideal environment for fungal growth by keeping feet warm and trapping moisture between the toes.
- This fact coupled with the use of communal facilities such as sports changing rooms, results in the effective spread of fungal infections.

You can search for other information leaflets on www.patient.co.uk and your G.P. also has access to this website.

It is recommended that you follow the advice in this leaflet and only contact the podiatry department should the symptoms not improve.

If you are aged between 19-60 years you will need a G.P. referral.

Podiatry Appointment Office
01803 217712

If you:
--require further information
--require this leaflet in a different format.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.



Torbay and South Devon
NHS Foundation Trust

PATIENT INFORMATION

Athletes foot and fungal infections

Department of Podiatry and
Foot Health

Working with you, for you