

This information sheet summarises many of the treatment points and aftercare we suggest to maintain good foot health and help treat and reduce the chance of contracting a fresh fungal infection.

Treatment Summary

The aim is to eradicate or reduce the fungus from the nails and feet using a combination of topical antifungal products and improved foot hygiene.

There are many approaches to fungal treatment (topical lacquers/tablets/removal/laser/footwear/changing rooms/reducing sweat). These options would have been discussed in relation to your problem.

Suggested creams or antifungal treatment that can be used: We suggest using one product daily over both feet (all over foot, sole, heel & toes/nails) until finished then purchase another brand to use. Carry this for at least 6 weeks.

Terbinafine (Lamisil®) Cream
Lamisil Spray
Clotrimazole Cream (Canesten®)
miconazole (Daktarin®)
Mycota® Cream or powder
Grisol AF® Spray

UltraViolet Shoe Sanitiser
Shoe Spray
Tea Tree Products
Calendula
Drichlor Anti Perspirant
Potassium Permanganate Soak

Why People Get Fungal Infections

Many people with fungal infections can have nail infection (onychomycosis) and/or athlete's foot (tinea pedis). The two are commonly seen together. The fungus are in the hot and enclosed environment of the shoe which enables it to thrive. The nails are often knocked, stubbed or traumatised in the shoes allowing the fungus to gain entry. Shared facilities e.g. changing rooms, showers and swimming pools are a common place to contract fungal infections. Patients with diabetes, weakened immune systems / medication, cancer treatment or sweaty feet are also prone.

In addition many people treat skin infections poorly and don't use the creams for a long enough period. A month is our suggested minimum period – treating both feet all over. Don't stop using the creams just because it has stopped itching.

SUMMARY

Terbinafine - athlete's foot cream daily 2 weeks over entire foot daily minimum

Shoe Spray or Ultraviolet Shoe Tree to kill fungus from shoes – very important if suffer with athlete's foot

Dry well between toes

Avoid walking barefoot in changing rooms

Monitor the feet and if signs of athlete's foot return or the skin becomes red/itchy or abnormally dry or flaky return for a check-up and/or use athlete's foot cream.

Return for regular monitoring and filing of the nails of thick or infected. Laser or oral medication can be used for nail infection

Prevention

- ⇒ Take off your shoes when you're at home, to let the air get to your feet.
- ⇒ Wear shoes that let your feet breath - leather or canvas. Socks should be cotton.
- ⇒ Don't borrow other people's shoes.
- ⇒ Change your socks and shoes every day, especially when it's warm.
- ⇒ Keep spraying antifungal spray into your shoes and allow to dry between wearing.
- ⇒ Don't walk barefoot in public areas, such as around swimming pools or gyms. Wear flip-flops or sandals.
- ⇒ Use an alcohol hand gel over the feet after using communal changing areas.
- ⇒ When cutting your nails, cut the healthy ones first followed by the previously infected nails.
- ⇒ Don't leave nail varnish on too long. Remove and replace regularly allowing a few days for the nails to breathe.

You can also purchase via our website: <http://www.painfreefeet.co.uk/shop>

Our direct number is 01923 856 235. You can also email us on feet@painfreefeet.co.uk should you have any other questions.

If you need an appointment you can also book online at www.painfreefeet.co.uk/bookonline