

Fungal Foot Care

1. Clean feet daily with antibacterial soap. Dry by flossing toe with toe or using hair dryer.
2. For dry scaly skin apply Lamisil over the counter cream daily in the morning. At night apply Cetaphil lotion.
3. Wipe out shoes weekly with Clorox wipes.
4. Clean floors with products that contain bleach.
5. Apply antiperspirant to feet in an aerosol can at least once daily. Arm and Hammer has the highest % of Aluminum at 19.2. Please read back of the can to check percentage at least 18.2 or higher.
6. Allow feet to air dry sometime in a 24 hour period. Do not leave covered all of the time.