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Moisture Management Recommendations for

Skin Conditions of the Feet

1. Antiperspirant needs to be used daily to limit the amount of perspiration. Proper preparation of skin allows for complete benefit. Dry your feet after shower or bath, not just with a towel, but also a hair dryer (unless you have loss of feeling in your feet). Next, apply a pea sized amount of antiperspirant to the middle of the arch then spread out to the entire bottom of foot and extend between toes. Massage in until lotion disappears. Different times throughout the year some patients need to do this up to twice a day. Our preferred product for this is Bromi-lotion which, if used correctly, should last 6-9 months.
2. Socks: We recommend socks with no cotton or a low percentage cotton that wick away moisture. They cost more initially but tend to last longer. Moisture is held in the sock away from the skin rather than pushing moisture back into the skin. Remember: These socks do have a limit to what they can absorb. Some patients may perspire more and may need to change socks several times a day depending on the patients' level of activity as well as type of shoes or boots.
3. Shoes/Boots- Make sure you dry them out completely with forced air from boot dryer, fan, or vents from heating/ac unit. Take insoles or any removable liner in shoe out first. Try not to wear same shoe two days in a row if possible. If participating in vigorous activity, remove shoes as soon as possible when done, do not let feet sit in wet shoes any longer than absolutely necessary.
4. Hydrate skin at night with topical cream, lotion, or ointment as needed. Remember, as you perspire the evaporation process dries out the skin just like if you do dishes or wash the car. Your skin becomes depleted of its natural oil and water content decreases, leaving you with dry cracked skin. Best to do this at night so these products have time to be absorbed as well as not creating too much moisture in shoe gear. We may recommend a specific product for your dry skin depending on location and severity of your condition.

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Specific Product Recommendations

- Bromi-lotion- antiperspirant to be used sparingly on bottom of foot and between toes-best to apply sparingly in am, after thorough cleansing and drying of feet, prior to putting on socks and shoes. Some patients may need to apply second time latter in day.
- Revitaderm cream- for callused, thickened or cracked skin. Do not use on open wounds. Best to apply to just the affected skin sparingly in the evenings.
- Amerigel Lotion- for thin skin areas like top of foot and lower leg-apply sparingly to affected areas in the evening.
- Idonia cream- for thicker skin areas like the heel and ball of foot apply sparingly in evening
- Fungal Free Nails- for topical treatment of nail fungus -apply thin layer twice a day to affected toenails
- Formadon- used in the treatment of warts or patients with excessive perspiration as well as some patients with severe skin problems between the toes- apply sparingly to affected areas as directed by your doctor
- Klenz - our shoe disinfecting machine that eliminates bacteria, fungus and odor. Ideal for candidates with fungal toenails and athletes foot. Within 10 minutes, shoes will be sanitized.