Athletes Foot and other Fungus
Patient Handout

Recurrences of this condition are high. Up to 22% of patients experience a relapse of onychomycosis within 3 years. These are tips to prevent recurrent tinea pedis (athlete's foot), tinea corporis (ringworm) and onychomycosis (nail fungus).

1. Wear shower shoes in pool areas and in public bathing areas
2. Thoroughly dry feet after bathing
3. Avoid wearing the same pair of shoes two days in a row; alternate shoes or boots at least every other day so they have a chance to dry out
4. Do not share toenail clippers
5. Wear appropriately fitting shoes to avoid nail trauma
6. Periodically disinfect all shoes. Wipe them out with a 10% bleach solution
7. Consider changing socks at least twice daily, if necessary.
8. Consider socks with moisture control (helps wick away moisture) to provide the feet with a less wet environment. Example below available at most sports stores.
9. Sprinkle absorbent, anti-fungal power into socks before putting them on
10. Consider athletic type socks with wicking material to avoid excessive moisture
11. Topical lamisil should be used once to twice daily until rash clears and then continued for one week

Lamisil Tablets for treatment of nail fungus

1. If lamisil tablets are considered, baseline liver function tests will be ordered. If these are normal, you may be a candidate for lamisil. No other labs are needed, even after treatment is complete
2. The current treatment recommendation is 6 weeks for fingernails and 12 weeks (3 months) for toenails

F6092 • Ultimax Triathlete Ultra-Lite
An ultra-lite, ultra-thin sock that lets you feel your shoes. Minimal weight with maximum moisture control.
35% Olefin, 30% X2O™ Acrylic, 20% Stretch Nylon, 15% Lycra® Spandex
MS, MD, LG, XL

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