

Athletes foot (Tinea Pedis)

Please:

- Use terbinafine cream, gel or spray (whichever advised) and/or Daktarin cream, as directed.
- Wear only natural fibre socks (e.g. cotton, wool or bamboo).
- Change shoes every day and let them breathe before wearing them again.
- After the Athletes foot (tinea pedis) has cleared up, use surgical spirits applied on a cotton wool bud twice a week in between toes.
- You can also use daktarin spray, mycil powder or mycota powder in socks and shoes and in between toes daily and across the foot (apply cream first if significant infection).
- Wash slippers.
- Don't share towels.
- Sit with feet exposed to dry out skin if sweaty.
- Wear leather shoes only.
- Wash hands after application of medication, to prevent transfer to face and hands.
- If feet are sweaty, put a couple of small potassium permanganate crystals (KMnO₄) in a bowl of warm water and bathe feet for 5 minutes every other day.
- Wear flip-flops in changing rooms, showers, swimming pools and Mikva to prevent spreading and catching fungal foot infection.

We recommend you use the following products for:

Skin:

Nails:

Footwear:

