

## Athlete's Foot (Tinea Pedis)

Tinea pedis is an infection of the skin of the feet caused by fungus. It thrives in warm, moist areas and is easily spread through direct or indirect contact. Once the skin is infected, the fungus can spread to toenails as well.

### Treatment options:

- **Antifungal Cream**
  - [Terbinafine Hydrochloride Cream 1% \(Lamisil\)](#)
    - Apply cream twice a day for four weeks or one week after all scaling clears, whichever occurs first
  - Lamisil is available over-the-counter at most drug stores
  - If OTC antifungal creams are not effect, your doctor may prescribe a prescription strength cream (ie econazole)

### Tips for preventing foot fungus:

- Keep feet clean and dry
- Wear sandals or well-ventilated shoes when possible
- Use antifungal or drying powders ([Zeasorb AF](#))
- Lysol spray shoes and Chlorox shower stall floor
- Treat all family members at the same time so you don't pass it back and forth to each other



Madeline Krauss, M.D. ● Pamela Norden M.D. ● Ellen Lacomis M.D.

Michael Bosworth, M.D. ● Deborah Goddard, M.D. ● Rebecca Droms, M.D. ● Jessica Suzanne Mosher M.D.

1 Washington Street, Suite 401 Wellesley Hills Ma 02481

Phone: 781-416-3500 Fax: 781-416-3505