

ankle&foot

centers of georgia

Foot Care Instructions

Excessively Moist Feet

1. Soak feet in warm water with 1-2 powder packs applied to the water for approximately 15-20 minutes and then dry feet completely. Soaks should be done once a day, opposite your bath (if you bathe in the mornings, soak at night; if you bathe in the evening, soak in the morning).
2. Apply Onox Spray to bottoms and sides of feet. Do not apply to the top of feet. Drying solution or Onox Spray should be done twice each day, usually once after bathing or showering and once after soaking.
3. Pat solution dry and apply socks and shoes as normal.

Plantar Wart (Verruca) / Plugged Sweat Gland (Porokeratoma)

1. Soak feet in warm water with 1-2 powder packs applied to the water for approximately 15-20 minutes and then dry feet completely. Soaks should be done once a day, opposite your bath (if you bathe in the mornings, soak at night; if you bathe in the evening, soak in the morning).
2. Apply Onox Spray to bottoms and sides of feet. Do not apply to the top of feet. Drying solution or Onox Spray should be done twice each day, usually once after bathing or showering and once after soaking.
3. Apply acid solution to affected area(s). Be careful not to get it on the surrounding areas.
4. Let the acid solution dry and apply socks and shoes as normal. Your doctor may instruct you on using non-medicated corn pads and tape to help keep the medicine over the area of the wart.

Dry / Cracking / Hardened Feet

1. Soak feet in warm water with 1-2 powder packs applied to the water for approximately 15-20 minutes and then dry feet completely. Soaks should be done once a day, opposite your bath (if you bathe in the mornings, soak at night; if you bathe in the evening, soak in the morning).
2. Apply Onox Spray to bottoms and sides of feet. Do not apply to the top of feet. Drying solution or Onox Spray should be done twice each day, usually once after bathing or showering and once after soaking.
3. Apply Kerasol cream to affected area(s) twice each day following the drying solution or Onox Spray. Try not to get this cream on the surrounding areas.
4. Rub the Kerasol cream in well and apply socks and shoes as normal.

If you have any questions regarding any of these treatments, please call one of our offices.

College Park 404-768-3668

Morrow 770-478-3668

Conyers 770-483-1100

Newnan 770-251-6100

Fayetteville 770-460-7600

Peachtree City 770-487-6716

Stockbridge 770-474-4395

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