

ankle&foot

centers of georgia

Managing Hyperhydrosis (Sweaty Feet)

Excess perspiration can cause a lot of different problems for some of us. It can lead to the development of odor of the feet, known as bromohydrosis. It can make us more susceptible to developing athlete's foot, a fungal infection, or it can make us more likely to contract plantar warts, also know as plantar verruca. Treating these problems is useless unless you treat the sweaty foot problem.

There are things you can do to help minimize the perspiration.

A powder-based antiperspirant may help. Spray the bottom of your feet and in between your toes every day after you bathe. In between the toes is where most of your sweat glands are. This is most effective when done twice a day especially after long periods of shoe usage.

Here are a few extra measures you can take to help keep your feet dry during the day:

- ◆ Take a second pair of socks to change into half way through your day.
- ◆ If you wear pantyhose, take them off at lunch, wash your feet and reapply the antiperspirant.
- ◆ Alternate the shoes you wear every day.
- ◆ Lay you shoes in front of a fan when you get home and allow the air to dry them out.
- ◆ Go bare foot as often as you can or wear sandals around the house.

There are some prescription and over-the-counter products available to help with perspiration. Talk with your physician to discuss these options. He may recommend Onxy spray or other prescription products which are very effective against perspiration.