



 Please call 911 if you think you have a medical emergency.

Athlete's Foot Treatment

Self-Care at Home

- Many over-the-counter antifungal medications can be applied to the affected area. These creams should be used sparingly but regularly, at least once a day. An application the size of a chocolate chip should be adequate to cover the entire bottom of your foot.
- It is important to keep your feet clean and dry. Wear clean absorbent socks made of natural fibers, such as cotton, and change them during the day if your feet become moist or sweaty.
- If possible, remove the insoles of shoes and sneakers to allow them to dry out over night.
- Dusting the inside of your shoes and socks with talcum powder or a medicated powder such as Desenex will help to decrease the moisture level.
- Alternate wearing different pairs of shoes to allow them to dry out for a day or two at a time.

more information from eMedicineHealth

- [When to Seek Medical Care](#)
- [Exams and Tests](#)
- [Next Steps](#)
- [Prevention](#)
- [Outlook](#)

For more information, read the complete article, Athlete's Foot (<http://www.emedicinehealth.com/script/main/art.asp?articlekey=58846>) on <http://www.emedicinehealth.com>.

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This information is not intended to replace the advice of a doctor.

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