

How To Care For And Treat Athlete's Foot?



Treatment



Use topical antifungals creams, sprays, and powders



Use steroid creams as per the prescription



Take a prescribed course of antifungal tablets

Care Advice



Dry the feet before applying medications

Apply antifungal creams on the rash and an inch beyond the rash



Complete the course of medication as prescribed

Use breathable socks and change daily



Rinse in cool water to relieve the itch, and do not scratch

Use separate towels to dry the feet



References

1. Athlete's Foot; Seattle Children's Hospital
2. Athlete's Foot; NHS