



CARE INSTRUCTIONS

KAISER PERMANENTE

Athlete's Foot: After Your Visit

Your Kaiser Permanente Care Instructions

Athlete's foot is an itchy rash on the foot caused by an infection with a fungus. You can get it by going barefoot in wet public areas, such as swimming pools or locker rooms. You can easily treat athlete's foot by putting medicine on your feet for 1 to 6 weeks. In some cases, a doctor may prescribe pills to kill the fungus.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Your doctor may suggest an over-the counter lotion or spray or may prescribe a medicine. Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Keep your feet clean and dry.
- When you get dressed, put your socks on before your underwear. This can prevent the fungus from spreading from your feet to your groin.

To prevent athlete's foot

- Wear flip-flops or other shower sandals in public locker rooms and showers and by the pool.
- Dry between your toes after swimming or bathing.
- Wear leather shoes or sandals, which let air get to your feet.
- Wear cotton socks to absorb sweat. Change your socks at least 2 times a day. The color of the socks does not matter. White socks do not prevent athlete's foot, as some people believe.

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- Use talcum or antifungal powder on your feet.
- Do not wear the same pair of shoes two days in a row. Wait at least 24 hours before you wear the shoes again. This lets the shoes dry.

When should you call for help?

Watch closely for changes in your health, and be sure to contact your doctor if:

- You do not get better as expected.

Where can you learn more?

Go to <http://www.kp.org>

Enter M498 in the search box to learn more about **"Athlete's Foot: After Your Visit"**.

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