



Sweaty Feet

Hyperhidrosis, or Sweaty Feet, is a condition many people experience sometime in their life.

It is more common in men than women, with more young adults experiencing what can be an embarrassing issue.



Podiatry & Foot Healthcare

www.wefixfeet.co.uk

What causes Sweaty Feet?

Hyperhidrosis of the feet (Sweaty Feet) can sometimes be an inherited problem. No one knows exactly why it occurs.

Sweat doesn't smell bad when it is produced. However, if sweat remains on the skin, for example in warm conditions such as in trainers or non-breathable footwear, bacteria break down the sweat and produce a characteristic smell of sweaty feet.

Treatment and Prevention of Sweaty Feet

There are many strategies which can help you if you have Hyperhidrosis:

- Wash your feet daily with soap and water and dry thoroughly, especially between the toes
- Keep your toenails short and clean
- Remove the build-up of hard skin (callus) from the soles of your feet
- Wear absorbent socks, made of natural fibres to absorb moisture and change these daily for clean ones
- Avoid shoes made of synthetic material
- Alternate your shoes daily to allow them to dry thoroughly
- Daily use of an anti fungal foot spray or powder can help
- Wipe your feet sparingly with Surgical Spirit. This will help dry-out the skin
- Consult our Podiatrists



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The general information provided here does not constitute medical advice. You should consult with a suitably qualified foot health care clinician. Please contact your nearest *We Fix Feet* clinic to book your consultation.