

Smelly Feet



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Smelly feet is a common complaint and is caused by sweating, most commonly a form of an excessive sweating condition known as Hyperhidrosis. When we produce sweat it can cause an over production of the bacteria on our skin which can produce an odour. In cases of prolonged high volume sweating it can cause the skin to become damaged with small pitting marks in the surface of the skin.

There are a variety of things that can be done to help sufferers of hyperhidrosis.

Don't wear the same shoes 2 days in a row – The moisture levels in the shoes need to dry out so leave 24-48 hours between wearing the shoes. Shoe freshening sprays can also be used as can packets of silica gel or dry teabags to absorb the moisture.

Wear breathable shoes – many shoes are not leather lined and therefore do not allow the feet to breathe.

Change your socks – change your socks mid-way through the day or switch to wearing socks designed for sweaty feet.

Bamboo, Merino and Cotton works best.

Use an anti-perspirant – try spraying your feet after bathing with an anti-perspirant designed for under arms.

Your podiatrist can recommend other types of treatment if you find a regular anti-perspirant ineffective.

