



## Heartland Dermatology

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Diseases of the Skin  
Phototherapy  
Mohs Micrographic Surgery for  
difficult or recurrent skin cancers  
Laser Surgery  
Sclerotherapy  
Collagen  
Botox  
Liposculpture

## Prevention of Athlete's Foot (Tinea Pedis)

1. Keep feet and nails clean by washing your feet every day with soap.
2. Trim nails to about 2-3 mm beyond the attachment of the nail. Do not cut too short - "into the quick."
3. Don't share nail clippers or other nail care equipment. If your toenails are infected with fungus, don't use toenail clippers on fingernails.
4. Avoid going barefoot in public facilities, especially locker rooms.
5. Avoid going barefoot in hotels, as fungal particles may be living in the carpeting and on the bathroom floor.
6. Never wear someone else's shoes or socks.
7. If you have had athlete's foot that was treated successfully, older tennis shoes and well-worn shoes should be thrown away, as they may be heavily contaminated with fungal particles.
8. Always wear gloves when working in the garden.
9. Always wear shoes when outside.
10. Give toes breathing room - wear loose-fitting, well-ventilated shoes.
11. Keep feet, socks and shoes as dry as possible.
12. Wear socks made of natural, absorbent materials such as cotton and wool (not synthetics such as rayon and polyester).
13. Use bleach when washing socks.
14. If you or someone else in the family has athlete's foot, other family members should be evaluated to see if they may be infected.
15. If you have been treated for fungal infection of the toenails or athlete's foot, consider using antifungal powder on your feet and shoes at least once a week, if not more often. If you've had lots of problems with past infections, antifungal powder used regularly on the feet would be highly recommended.