



Gadsden Foot Clinic, PC

306 South 4th Street
Gadsden, AL 35901
256 547-1631; FAX 547-1632

Patient: _____ Date: _____

Rough / Dry Skin Care

1. Soak feet 2 or 3 times a week - use either:
 - Dial Body Wash Soap - or ...
 - A squirt (tsp) of mineral oil or baby oil
in water water (NOT Hot) for 10-15 minutes
2. Dry well particularly between toes
3. Rub in skin cream daily daily
 - q Amlactin
 - Gold Bond Ultimate Foot Cream
 - q Eucerin Cream
 - q Aquaphor
4. Alternatively, apply Lamisil or Lotrimin OTC cream
use daily for one week every month if you have
difficulties with Athletes Foot
5. For sweaty feet / Athletes Feet: dust feet daily with
Zeasorb-AF Powder; sprinkle between toes and
rub into soles of feet