

## Sweaty feet

Advice for effective care



Most people suffer from foot perspiration and odour from time to time, yet for some people sweaty feet are a persistent problem that can be embarrassing and uncomfortable.

Sweaty feet are known as hyperhidrosis, or excessive sweating, and have a lot to do with how the sweat glands in this part of the body work. With 250,000 sweat glands, feet do tend to sweat more than other parts of the body.

But with a daily hygiene routine, few people should suffer from the embarrassment that it may cause.

## Sweat glands in the feet

There are more sweat glands per inch in our feet than anywhere else in the body, and their function is to keep the skin moist and therefore supple. They secrete all the time, not just in response to heat or exercise as elsewhere in the body.

## Possible causes

Sweaty feet can be caused by stress on the foot. This may be due to a structural problem, or because the foot is under strain or tired, for example, when you've been standing on your feet all day.

Hot weather can make matters worse, although sweaty feet can be a winter, as well as a summer problem. It can also be an inherited condition.

In adolescents, sweaty feet are probably caused by over-active sweat glands

triggered by changing hormonal levels in the body. Mental or emotional stress is a common cause as the sweat glands on the soles of the feet (and the palms of the hand) respond mostly to emotion.

## What to do

Simple hygiene is usually effective in dealing with sweaty feet. Try following a daily foot hygiene routine:

- Wash in warm water with a mild soap-free body wash
- Dry well, particularly between the toes
- Wear clean hosiery daily, made of natural fibres (or more frequently if you have an excessive problem).

Do not use soap based products as these will make the condition worse. One or two potassium permanganate crystals obtained from a pharmacy can be added to a bowl of warm water to bathe feet. However, care must be taken as excessive use can turn the skin and nails brown, therefore use no more than once a week!

## Footwear

Careful consideration of footwear and socks is essential. Well-fitting shoes made of leather, which allow your feet to 'breathe', are best.

As insoles or the uppers of shoes absorb a lot of sweat, don't wear the same pair every day, and allow them to dry out before wearing them again. Detachable insoles are also a good idea. Socks that

absorb moisture well, like wool, cotton, or wool/cotton mixture, will also help. Always wash your socks before using them again. The use of supportive inserts in the shoe can help reduce structural foot strain. Footwear with some form of fastener (lace, buckle or Velcro) and cushion 'neoprene' type sole will also help to reduce foot strain, and therefore perspiration.

## Other problems

An added problem that often accompanies sweaty feet is foot odour. This is caused by bacteria on the skin breaking the sweat down, which releases an offensive smell.

This can usually be prevented with careful hygiene, or the use of medicated insoles, which can have a deodorising effect.

Wash your feet daily with an antibacterial emollient such as Dermol 600 Bath Emollient and dry well afterwards. There is also a greater risk of minor skin infections, through athlete's foot or blisters.

### do not

- Use sharp instruments such as razor blades to cut corns or hard skin
- Use corn paints/corn plasters which contain acid
- Use ingrowing toenail paints as these contain acid.

## Further information

If there are any changes to your health, which alter your ability to maintain your own foot care, or you develop any foot problems you cannot manage yourself (or with the help of a carer or friend), complete an application form for podiatry services. These can be obtained from your GP practice or East Laith Gate House.

If you have been a patient but not attended for more than 6 months, we will require a further completed application form. These can be obtained from your GP practice or East Laith Gate House.

Website: [www.hyperhidrosisuk.org](http://www.hyperhidrosisuk.org)

Email: [info@hyperhidrosisuk.org](mailto:info@hyperhidrosisuk.org)

Podiatry services  
East Laith Gate House  
East Laith Gate  
Doncaster DN1 1JE

Tel 01302 640050

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

**Amharic**

ይልገን ጸዕዩ፡ በግልጽ እንዲታይዎ በትልቁ፣ በብሬል ተጽፎ ወይም በቲፕ ተቀይሮ ወይም በሌላ ቋንቋ ተጽፎ ለግድፍ የሚፈለጉ ከዋነኞቹ የሰነድ ምክርና ግንኙነት አገልግሎትን በዚህ ቁጥር 0800 015 4334 አወለው ያነጋግሩ።

**Arabic**

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

**Bengali**

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাড্‌ভাইস এন্ড লিয়েজন্ সার্ভিসের সাথে যোগাযোগ করবেন।

**Cantonese (traditional Chinese)**

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务 (Patient Advice and Liaison Service)。电话号码：0800 015 4334。

**Czech**

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

**Farsi**

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، یا به زبان دیگری، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

**French**

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

**Kurdish Sorani**

ئەگەر تۆم زانیاریانە بە چۆنی گۆرە، برائیل یان لەسەر شریتی دەنگی دەخوازیت باخود تۆم بەلگەننامیە بە زمانیکی دیکە دەخوازیت، تکلیه پەمووندی بکه بە خزمەتگوزاری پرلنمایی و هاوناھەنگی ئەموونامۆ بە ژماره 0800 015 4334.

**Polish**

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

**Punjabi**

ਜੇ ਤੁਸੀਂ ਇਸ ਦੁੱਕੀ ਡਾਕੂਮੈਂਟ, ਬ੍ਰੇਲ ਨਾ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੱਟੁੰਦੇ ਹੋ ਜਾਂ ਇਸ ਸਤਰੰਜ ਨੂੰ ਹੋਰ ਡਾਕੂਮੈਂਟ ਵਿੱਚ ਚੱਟੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਨੀਅਰ ਸਲਾਹ ਮਾਰੇ ਕਾਲ-ਮੈਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਕਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

**Somali**

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Taalobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

**Turkish**

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

**Urdu**

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہتے ہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیشیت ایڈوائس اینڈ لیاؤن سروس سے 0800 015 4334 پر رابطہ کریں۔

**Vietnamese**

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing  
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