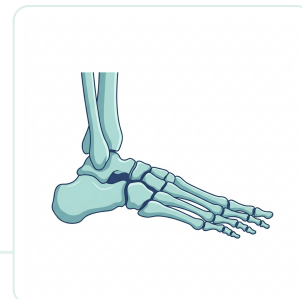


PATIENT EDUCATION · SKIN & NAIL CONDITIONS

Athlete's Foot

Athlete's foot (tinea pedis) is a common fungal infection of the skin of the feet. It thrives in warm, moist environments — sweaty shoes, locker rooms, and pool decks. It often causes itching, burning, peeling, or cracking skin, especially between the toes. While mild cases may respond to over-the-counter care, stubborn or recurring infections, or any foot infection in a patient with diabetes, deserve professional evaluation.



For educational illustration only.

At a Glance

Focus area	Skin & Nail Conditions
Goal of care	Athlete's foot (tinea pedis) is a common fungal infection of the skin of the feet.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Anyone with itching, peeling, or cracked skin on the feet
- Patients with recurring infections despite store-bought creams
- Patients with diabetes and any skin change on the feet

When to Seek Care

- Itching or burning that doesn't improve within two weeks of self-care
- Cracked, blistered, or raw skin
- Spreading redness or signs of bacterial infection
- Any foot infection if you have diabetes or circulation concerns

How We Evaluate

- Examination of the skin and toenails
- Testing when needed to confirm a fungal cause
- Review of footwear, activity, and hygiene factors

Treatment Options

- Prescription-strength topical or oral antifungal medication
- Skin care and moisture-control guidance
- Footwear and prevention strategies to stop recurrence
- Treatment of associated fungal toenails when present

What to Expect

1	2	3
An accurate diagnosis — several conditions mimic athlete's foot	A treatment plan that clears the infection	Prevention guidance to keep it from coming back

Common Questions

Why does my athlete's foot keep coming back?

Recurrence is common when shoes stay contaminated, feet stay damp, or an untreated fungal toenail keeps reinfecting the skin. A complete plan addresses all sources.

Is athlete's foot dangerous?

For most people it's a nuisance — but cracked skin can let bacteria in. For patients with diabetes or poor circulation, any foot infection warrants prompt professional care.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov
- American Academy of Dermatology — aad.org

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.