



FAMILY FOOT AND ANKLE CLINIC

SPECIALISTS AND SURGEONS

At Family Foot & Ankle Clinic, we are committed to providing you with the highest quality of care and ensuring you have all the information you need to make informed decisions about your health.

If you have any questions or concerns, please don't hesitate to reach out to us. You can contact our office directly at 763-421-7300. Additionally, you can visit our website at <https://familyfootmn.com/> for more resources and information about our services.

Thank you for choosing us for your healthcare needs!

Sweaty Feet

The number of sweat glands is most dense in the feet and hands. Sweaty feet is a common disorder in which the sweat glands of the feet produce excessive sweat. Persons with this condition usually have a genetic predisposition or are under stress, which activates the brain to produce more sweat to keep the body cool.

[Athlete's foot](#) (or [smelly feet](#)) may accompany sweaty feet. The foot and ankle surgeon can recommend one of a variety of treatments for this condition.

The first line of treatment is the topical application of an antiperspirant, such as aluminum chloride (12.5% recommended initially, then work up to Rx 30% if needed).¹ When an antiperspirant mixes with sweat, this chemical reaction creates a precipitate salt, which physically blocks the duct for around 24 hours.¹⁵ Patients should apply an antiperspirant at bedtime that will not wash off if bathing occurs the next morning due to this physical block. They can apply a deodorant in the morning after bathing if necessary.

Other treatments, such as iontophoresis or botox are available, but need specialty assistance. You can also talk to your primary doctor about oral anti-perspirant medications.

Foot Odor

Foot odor is a common condition in children and adults who wear shoes on a daily basis. People with smelly feet may also suffer from sweaty feet. Most people with this condition will have sweaty and smelly feet year round, not just in the hot summer months. The odor is produced by bacteria and/or fungus that grows in the shoes and attaches to the skin. Some bacteria actually eat away the top layer of the skin, producing a foul odor. Hygiene is very important to help prevent smelly feet. Feet should be washed daily with soap and water and clean, dry socks

worn. Some synthetic materials used in shoes, when mixed with sweat and bacteria, can produce smelly feet. The foot and ankle surgeon will recommend one of a variety of treatments for this condition.

<https://www.foothealthfacts.org/conditions/sweaty-feet>

<https://www.foothealthfacts.org/conditions/foot-odor>

See this website for Best Deodorants and Anti-perspirants for the Feet:

<https://www.smellyfeetcures.com/best-antiperspirants-sweaty-smelly-feet/>