

# Family Foot & Ankle Care, P.C.

**Dr. Alan J. Discont & Associates**

**Physicians & Surgeons of the Foot & Ankle**

## **RECOMMENDATIONS FOR PREVENTING FURTHER FUNGUS INFECTIONS**

1. Avoid going barefoot in public facilities, especially gymnasiums, locker rooms and other athletic facilities.
2. Never wear someone else's shoes.
3. When staying in hotels, never go without footwear in rooms as fungal particles may be living in the carpeting and on the bathroom floors.
4. Aside from prescription antifungals given to you, use an antifungal powder or spray in shoes at least once a week.
5. Older tennis shoes and well worn shoes should be discarded as they may be heavily contaminated with fungal particles.
6. Wear shoes that are not too narrow and made of materials that allow one's feet to "breathe" such as leather.
7. Wear socks made of natural materials such as cotton and wool as opposed to synthetic materials such as rayon and polyester.
8. Other family members who may be infected should be evaluated and treated.
9. \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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