

Dermatology 408-851-4650
Kaiser Permanente Northern California Region
Santa Clara

Treatment for Tinea (Athlete's Foot)

1. Use **Selsun or Head and Shoulders** shampoo to bathe the feet with daily.
2. Apply over the counter **Lamisil** cream to affected area every night for two weeks.
3. Then Spray shoes with over the counter **Micatin** spray to prevent re-infection.
4. Throw out any shoes that are a year or older. (Old shoes develop deep cracks in them where fungal spores hide and can cause re-infection if worn.)
5. Wear sandals as much as possible.

