



**STANDING ORDER**

**ATHLETES FOOT**

**I. ASSESSMENT**

- A. Involved first are the interdigital spaces of the third and fourth toes and later the plantar surface of the arch.
- B. The lesions consist of macerated areas with scaling borders and vesicular eruptions. Fissures may cause discomfort between digits.

**II. MANAGEMENT**

- A. Cleanse area with warm water and soap and dry thoroughly.
- B. If wearing open shower type shoes:
  - Apply Tolnaftate cream twice a day for two weeks.
- C. Instruct patient on foot hygiene.
- D. For severe cases of peeling, scaling and other athletes foot symptoms, a mixture of hydrocortisone 1% cream and Tolnaftate BID.