

The Foot and Ankle Wellness Center of Western Pennsylvania

Recommendations for Foot Perspiration and or Odor

1. Try to avoid occlusive shoes. Leather shoes are recommended.
2. Avoid nylon stockings – Cotton stockings are better.
3. Try to rotate between shoes every other day.
4. Try to change your stockings mid-day.
5. Absorbent powder or antiperspirant spays should be used with every shoe/stocking change.

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