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Sweaty Feet Solutions

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12 Tips to Help Resolve Sweaty Feet



Sweaty feet can be an extremely embarrassing condition which can seriously affect your quality of life, but excessive sweating can indicate a condition called hyperhidrosis. Sweaty feet can also lead to other health issues, such as foot odour, athlete's foot, and toenail fungus.

According to the International Hyperhidrosis Society, hyperhidrosis affects almost 5 percent of people worldwide.

Those with excessive sweating of the feet, called plantar hyperhidrosis, can struggle to keep them dry throughout the day. The sweat glands continue to produce extreme quantities of sweat, which many people find both uncomfortable and embarrassing.

1. Keeping a journal of sweating episodes

Log episodes of sweaty feet in a notebook and look for patterns. This can help to identify foods, situations, or emotions that trigger foot sweating. It is then possible to take steps to limit or avoid these triggers.

2. Wearing the right socks

How to handle sweaty feet cotton socks
A person should wear cotton socks during warmer months for proper ventilation. Choose the best socks for the season and activity.

Wear cotton socks during warmer months for proper ventilation. Wool is a good option for winter months. Avoid nylon as this synthetic fabric can trap moisture.

Some manufacturers also make socks that draw moisture away from the skin. It is usually possible to buy moisture-wicking socks in sporting goods stores, bamboo socks can also be an effective treatment option.

Other types of sports sock have ventilation panels or contain chemicals that reduce the number of bacteria on the feet, which minimizes foot moisture and odor.

3. Using antifungal powders

An antifungal foot powder will help to keep feet dry and odor-free.

4. Applying antiperspirant

The feet contain more sweat glands per inch than any other part of the body. There are approximately 125,000 sweat glands on each foot.

It is recommended that applying antiperspirant to dry feet before bed and washing it off in the morning. People should repeat this for another 3 or 4 consecutive nights and then switch to using it once or twice a week.

5. Choosing the right shoes

Look for shoes made from a breathable fabric such as canvas or leather. Avoid patent or plastic shoes as they do not allow a good airflow and may trap sweat inside the shoe.

Check that shoes are the correct size. Shoes that are too tight will crowd the toes and contribute to sweaty feet.

Insoles may also provide some relief from sweaty feet. Look for absorbent or deodorizing insoles to wick away moisture and prevent foot odors.

6. Staying hydrated

Drinking lots of water, especially on hot days or when exercising, helps to regulate body temperature and reduce the likelihood of sweating.

7. Washing your feet

Washing the feet at least once a day is necessary to prevent the spread of bacteria. Washing sweaty feet not only rinses away sweat and bacteria but cools the skin down and reduces further sweating.

Aim to wash the feet at least once, if not twice, a day. Use an over-the-counter (OTC) antifungal soap or add a few drops of antimicrobial essential oil, such as tea tree or eucalyptus, to the water.

Dry the feet thoroughly, especially in between the toes. Damp feet allow bacteria and fungus to flourish.

Apply a light dusting of antifungal powder before slipping on cotton socks and breathable shoes.

8. Soaking your feet

For a salt soak, dissolve half a cup of Epsom salt in a tub or large bowl of warm water and soak for about 10 to 20 minutes. Epsom salt pulls moisture out of your skin, which in turn makes a less-inviting place for bacteria to survive.

9. Carrying spare socks

When it is not possible to wash or soak the feet, change into a fresh pair of socks. Again, choose moisture-wicking or natural cotton socks. Keep spare pairs of socks at school or work so that it is possible to refresh the feet instantly.

An antiperspirant deodorant is an easy-to-use remedy for sweaty feet. These products work by temporarily blocking the sweat glands.

It is recommended that applying antiperspirant to dry feet before bed and washing it off in the morning. People should repeat this for another 3 or 4 consecutive nights and then switch to using it once or twice a week.

10. Changing shoes

Hot shoes will make feet warmer and more sweaty. When feet start to sweat, change into a cool, fresh pair of shoes.

Try to avoid wearing the same pair of shoes on 2 consecutive days. This gives the shoes a chance to dry out completely between wears. To speed up this process, leave footwear outside for 1–2 hours on dry days.

11. Applying rubbing alcohol

For fast relief, dab a small amount of rubbing alcohol between the toes or on sweaty areas of the feet. This will instantly dry out the feet and stop foot odors.

However, it is essential to avoid using this remedy regularly as it can dry out the feet too much and lead to skin irritation.

12. Try Botox for a summer solution!

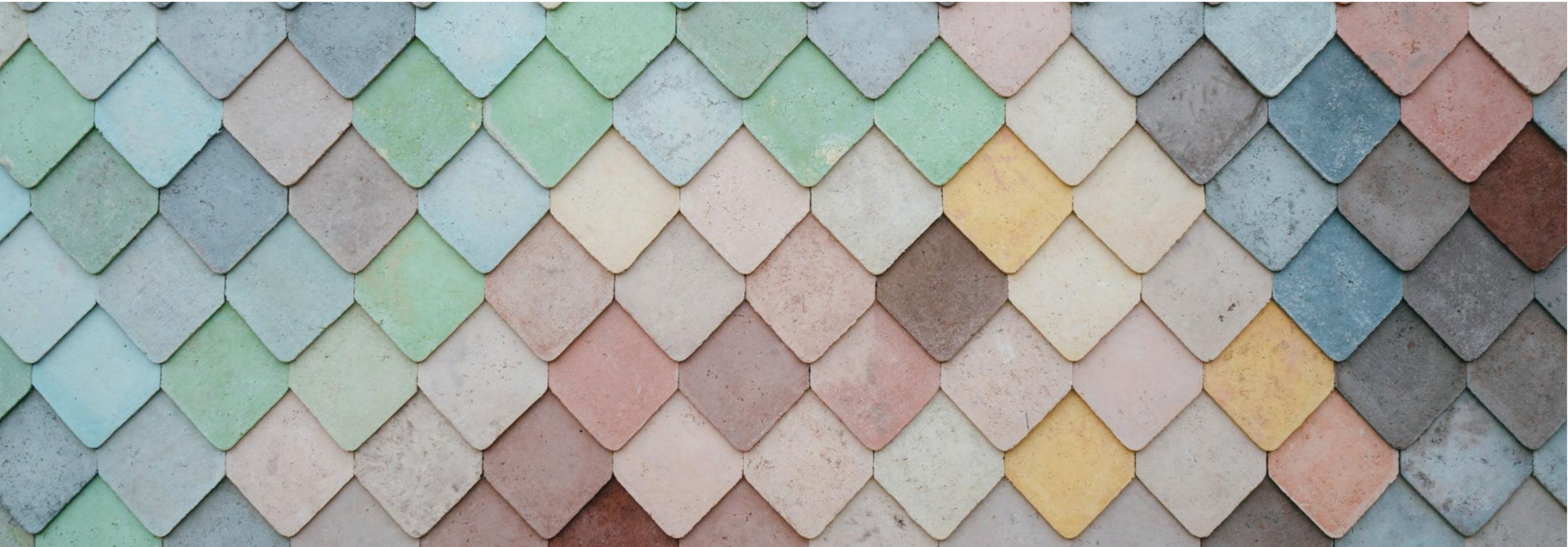
Botox injections can stop sweaty feet all summer! The injections tend to last 6 months but can last much longer. Botox injections are used to treat a variety of medical conditions. Botox is a neurotoxin made from the microbes that cause botulism (a kind of food poisoning). But don't worry, it's very safe if used appropriately by a medical professional.

Botox got its start as a cosmetic treatment. It smooths facial wrinkles by temporarily paralyzing muscles. Doctors also use Botox to treat neuromuscular conditions such as migraines, muscle spasms, and hyperhidrosis.

Hyperhidrosis is the medical term for excessive sweating. It refers to any abnormal sweating, such as sweating when it's not hot. People who sweat excessively often soak through their clothing or drip sweat. Regular antiperspirants don't work well for those with this condition.

Botox injections are a new treatment option for people with hyperhidrosis. You may be a candidate for Botox if your sweating fails to improve with prescription antiperspirants. Botox has been approved for people who sweat excessively from their armpits. It may also be used by a podiatrist as "off-label" to reduce sweating in other areas, such as feet.

4 Products for Sweaty Feet



Driclor Roll-On For Excessive Sweating (hyperhidrosis) is clinically proven antiperspirant that helps to tackle excessive perspiration which is a source of embarrassment for many.

Driclor is ideal for those who don't feel that traditional antiperspirants are effective at keeping their sweating at bay. The formula is fragrance-free and has no colour, so there is no need to worry about stains on clothing. And unlike other antiperspirants which may only last a couple of hours- Driclor is effective for days.



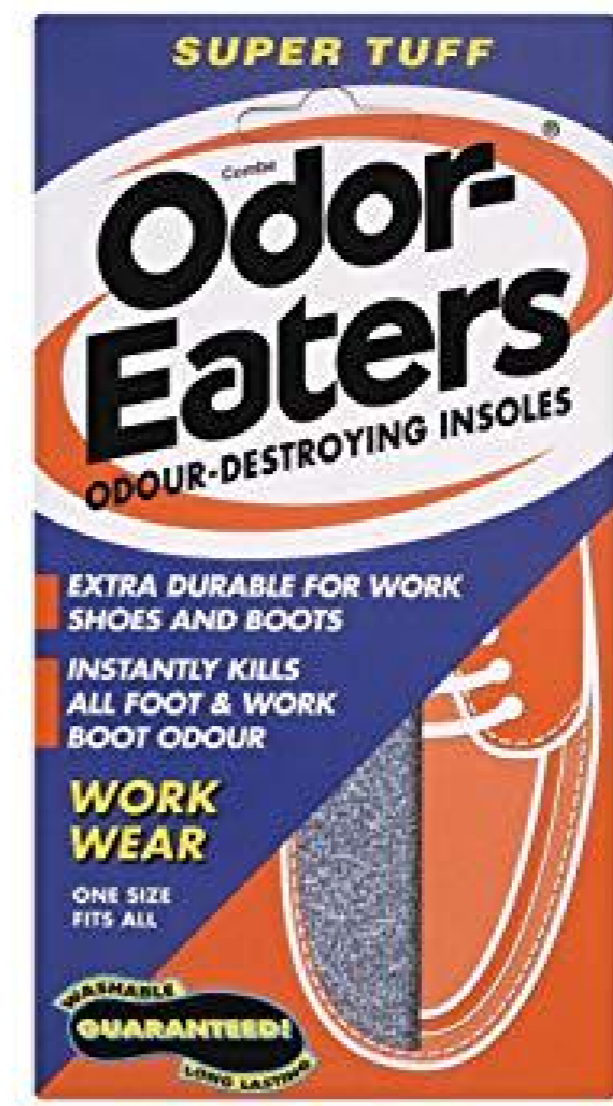
Akileine Green Antiperspirant Foot Spray for heavy foot perspiration, odours and the prevention of mycosis.

The Allantoin complex normalises perspiration and prevents skin irritation caused by excess sweat. Lichen extracts fight against the formation of unpleasant odours.



Soggy, white skin between your toes or red itchy and peeling skin could be due to a fungal infection, known as 'athletes' foot'. If the skin between your toes is white and soggy, use surgical spirit daily until the skin returns to normal. Apply with a cotton bud and allow the spirit to evaporate. Do not use surgical spirits if it 'stings'.

Red and itchy skin between your toes may be caused by a fungal infection and can be treated by applying an anti-fungal spray or cream (available from the chemist or GP). This treatment should be applied for two weeks after the symptoms have cleared.



Odor-Eaters Super Tuff Odour-Destroying Insoles are provide proven relief from foot and shoe odour and wetness. Super Tuff insoles are specially designed for work shoes. No matter how hard you are on your work shoes, this tough insole will stand up to the punishment and keep working non- stop. Designed for durability with a powerful combination of technologies providing superior odour and wetness control that lasts for months. Activated charcoal locks in and destroys odour for months. Insta-Fresh instantly neutralises sweat acids that release odour. Powerful Anti-Bacterial Agent fights odour-causing bacteria. Plus, special comfort-grip foam won't slip, won't slide or bunch up. Absorbs perspiration to keep feet dry and comfortable.

Botox for Sweaty Feet



For people who suffer from hyperhidrosis that affects the soles of their feet, botulinum injections, or botox for short, can provide significant relief from symptoms. Botox injections work best for those who have primary focal hyperhidrosis (sweating in localized, specific areas). This chapter goes into detail for those who need to know about botox as a treatment for sweaty feet. The type of sweat glands that allow the body to sweat are called eccrine gland and they are numerous. Sweat glands cover the entire body, but are especially prevalent on the soles of your feet. People with primary focal hyperhidrosis have normal sweat glands that are dispersed in the same density as non-affected people, but their sweat glands are overactive in specific areas, so they experience excessive sweating.

This is why a localized treatment like botox injections can be so helpful.[1]

Botulinum toxin is a type of neurotoxin produced by a bacteria called *Clostridium botulinum* which can cause paralysis in humans. Historically, botox has been used in cosmetic procedures to reduce the appearance of wrinkles. However, in recent years this toxin has been utilized in many medical treatments and has been found especially effective for managing the sweat caused by primary focal hyperhidrosis. One study published in the journal of Neurology found that botox injections were effective in eliminating hyperhidrosis symptoms in all its participants for two months after receiving injections. It also showed that the results of botox remained effective in most patients after six months.[2] Studies like this show that botox is a viable treatment for those suffering from plantar hyperhidrosis who have not had success managing hyperhidrosis at home and in whom over the counter topical treatments have not been effective. Botox injections are typically a second line treatment and patients should see if more conservative treatments are effective when before trying them.

First line treatments often don't provide enough relief for many suffering from hyperhidrosis. For these people, botox injections are an excellent method of reducing symptoms and improving quality of life. Most patients who initiate treatment are motivated to stick with it due to its effectiveness and lack of adverse effects.[1]

How Botox for Plantar Hyperhidrosis Works

Botox is approved for the treatment of axillary hyperhidrosis, but doctors have found that it is also an effective treatment for plantar hyperhidrosis. The procedure is similar for all areas of the body, but varies slightly based on the location in which injections are administered. Before patients are given botox treatment they are evaluated to see where their sweating is. This can be done in several ways including through the use of an evaporimeter, persprint paper, patient reports, and most commonly, the iodine starch test which is what I do with my patients .[1]

The botox formulation is then injected into the skin of the soles of the feet where the marks indicate. The feet contain more sweat glands per inch than any other part of the body. There are approximately 125,000 sweat glands on each foot. The skin of the soles can be particularly thick, so multiple needles may be used. The type of botulinum formula that is used is variable and depends on the doctor or podiatrist. Treatments usually need to be repeated once every six months.[1]

After receiving treatment, patients are monitored to make sure that the procedure was successful and to ensure that no significant side effects occur. This begins in the doctor's office directly after the procedure and continues for the next few weeks. Most patients experience relief from symptoms within 7 to 10 days of getting botox injections. Doctors will typically call a

When injected, all botulinum toxins block the release of acetylcholine and various other neurotransmitters which prevent the soles of the feet from sweating.[1]

Before botox treatment is stated an iodine-starch test may be performed to determine the area of the sole that requires treatment. A povidone-iodine solution is painted onto the affected area and then cornstarch is added. When a patient begins to sweat the mixture highlights the moistened areas by forming dark marks where sweat is collecting, thereby letting the practitioner know where the problem areas are.[4] A grid is then marked on the hand or foot that is going to be treated, indicating where the injections will be placed.[1]

Prior to beginning injections patients are given some type of pain management. Typically, a regional nerve ankle block is placed so that a patient will temporarily lose sensation of the foot. This is done with an injection and blocks sensations from the local nerves. Other types of pain control are sometimes used such as needle-free anesthesia, ice, skin-cooling devices, vibrational analgesia or pocketed microneedles.[1]

Adverse Effects

The most common side effect of plantar botulinum injections are immediate pain and bruising at the injection site. Other complications can arise from the regional nerve block and can include neuropathy, impaired hand dexterity, and other potential issues. Most notably, a condition called reactive hyperemia, in which oozing occurs at each injection site can occur as a result. There are very few cases of patients developing a hematoma, swelling from clotted blood under the skin, although it can happen. In general, botox is thought of as a fairly safe treatment for hyperhidrosis. Most patients who fail to continue treatment are thought to do so because of pain and because of the fact that it can feel invasive. [2]

When Botox Should Not be Used

There are some situations in which botox injections should not be considered as a treatment option. Botox is considered a category C medication for pregnant women and so should be avoided during pregnancy and nursing. It is important to make sure a patient is not allergic to botulinum toxin before treatment can be initiated. There are also certain medications that can impact the metabolism of botulinum and make it unsafe to use.[3]

While people usually don't experience any serious side effects from getting botox injections, for those in careers that require fine foot movement and strength doctors tend to be especially careful. Botox is still recommended for people in this situation, but doctors suggest getting botox injected into a person's non dominant foot first to make sure that no complications occur. Once a person knows they can safely receive injections in their non dominant foot their dominant foot can be treated at a later visit. [4]

For those who are struggling to find successful treatment for sweaty feet botulinum injections may be the right next step in your journey to conquering hyperhidrosis. It is less invasive than surgical treatments for primary focal hyperhidrosis and has been shown to be very effective treatment modality.

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How to Book an Initial Consultation



We have a clinic in Central Birmingham and Central London for Botox Injections to stop sweaty feet.

If you would like to attend the Central Birmingham clinic call 0121 285 1367 and visit <http://birminghamchiropodist.co.uk>.

If you would like to attend the Central London clinic call 020 8798 3729 and visit <http://birminghamchiropodist.co.uk>.

Please note botox injections are highly regulated and as such you will need two assessment appointments before the botox injection appointment.