

# Foot rashes

Disclaimer:  
Read the disclaimer at [medimaps.co.uk/disclaimer](http://medimaps.co.uk/disclaimer)

References:  
1. [pcds.org.uk](http://pcds.org.uk)  
2. Dermatology consultant Manor Hospital, Alliance Federation, Feb 2018

- More common in atopy, where skin more sensitive.  
- Due to friction.  
- Worse when sweaty.  
- Self resolving, usually by puberty.

## Juvenile plantar dermatosis

### Symptoms

- Dry, red, shiny skin.  
- Affects weight bearing regions of the sole.  
- Spaces between toes are spared.  
- Less commonly affects dorsum of foot.  
- Scaling.  
- Fissuring.

Images from Primary Care Dermatology Society website. [pcds.org.uk](http://pcds.org.uk)



### Management

#### - Lifestyle changes.

- Keep feet out of closed footwear straight after school.  
- Well fitting shoes.  
- Wear leather shoes.  
- Cotton socks (change if damp).  
- Pure cork insoles.

#### - Emollients.

- Urea containing emollient after remove shoes and socks.  
- Vaseline after a bath and before bedtime.

#### - Steroids.

- Rarely needed. No better than emollients.  
- If erythematous and itchy can use mild/mod steroid for 3/7.

#### - Fissures.

- Avoid strenuous activity for few days.  
- Occlude the fissure. → - Using a plaster.  
OR  
- Clear nail varnish/superglue.

- Superficial bacterial infection.  
- Bacteria release protease which creates destruction of the stratum corneum

## Pitted keratolysis

### Symptoms

- Numerous small pits on weight bearing regions of the sole.

Images from Primary Care Dermatology Society website. [pcds.org.uk](http://pcds.org.uk)



### Management

#### - Lifestyle changes.

- Limit the use of occlusive footwear.  
- Wear properly fitted footwear.  
- Cotton socks (change if damp).  
- Use moisture absorbing insoles. Have at least two pairs and rotate every day to let the other pair dry.  
- Let feet breathe when at home.  
- Wash feet with soap or an antiseptic twice daily.

1st line

#### - Topical antibiotics.

- Often effective within 3-4/52.  
- Fucidin cream, erythromycin lotion or clindamycin lotion apply BD.

if fails

#### - Oral antibiotics.

- Oral erythromycin / clarithromycin can be effective.  
- Other options for very persistent sweating can be found in the related chapter on Hyperhidrosis.