

Foot rashes

Disclaimer:
Read the disclaimer at medimaps.co.uk/disclaimer

References:
1. 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



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



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.