

# Patient information

## Sweaty Feet (Hyperhidrosis of the feet)

### What is it?

Sweating is a normal process. Sweat glands are found in the skin, by sweating this helps to keep our skin moist and supple and also helps us to regulate temperature when the weather is hot. For some people, sweating can be a persistent problem, which can be uncomfortable and embarrassing and this can significantly affect their day-to-day life and result in decreased social contact with others. But the condition is treatable.

There are more sweat glands in the palms of hands and the soles of feet. On average, we lose one teaspoonful of sweat from our feet each day.

Sweat is a colorless, odourless substance until it meets with the bacteria on the skin which then cause it to smell. Feet are enclosed in shoes for most of the day and this generally makes the odour worse.



### What can you do to help?

- Wash your feet daily in warm water (not hot ) using a mild soap.
- Dry thoroughly and apply Surgical Spirit between the toes weekly or as advised.
- Use socks or tights made of natural fibres such as wool and cotton.
- Avoid synthetic materials such as nylon as much as possible.
- Change socks daily and alternate shoes to allow them to dry out.
- Use charcoal / deodorizing insoles and renew them regularly.
- Wear shoes made from natural fibres such as leather or suede, which will allow the feet to breathe and go barefoot when possible, **NB those who are diabetic or have an immune suppressed condition should not walk around bare foot.**

## What are the treatments?

For more serious cases where normal foot care is not effective and for more longer-term conditions, your doctor may need to make an onward referral for more specialist treatment, this may or may not be available on the NHS. Treatments include Iontophoresis (electrical stimulation) and *Botulinum* toxin injections (botox).

## For more information

If you require any assistance, then please contact Podiatry services on 0300 1314536

Or email

[Esh-tr.podiatryenquiries@nhs.net](mailto:Esh-tr.podiatryenquiries@nhs.net)

## Sources of information.

East Sussex Healthcare NHS Trust <https://www.esht.nhs.uk/service/podiatry/>

The Health and Care Professions Council [www.hcpc-uk.org](http://www.hcpc-uk.org)

The Royal College of Podiatry [www.cop.uk](http://www.cop.uk)

NHS choices [www.nhs.uk](http://www.nhs.uk)

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4500 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:  
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The directorate group that have agreed this patient information leaflet:  
Community Health and Integrated Care

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Responsible clinician/author: Elaine Tate Head Of Podiatry and Orthotics Services

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