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# How to get rid of smelly feet: Follow these tips to keep your feet feeling fresh

HOW TO get rid of smelly feet: Smelly feet can be extremely embarrassing, especially for people who suffer from foot odour regularly. However, if you look after your feet and shoes in the proper way, smelly feet can be eliminated for good. Here's how.

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Having smelly feet can be a nightmare for sufferers of foot odour when it comes to taking off shoes. The medical term for smelly feet is bromodosis, but it can be eliminated with the right foot and shoe care.

"There is nothing more embarrassing than going to the gym or someone's house and worrying about foot odour when it is time to take off your shoes," said Marion Yau, a podiatrist at Harley Medical Foot and Nail Clinic.

According to Yau, there are several reasons why your feet might smell, from poor foot hygiene to wearing certain shoes.

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"With summer ending and the rainy season beginning, prolonged periods of wearing enclosed footwear and the increased risk of getting shoes and socks wet can increase growth of bacteria within the foot," said Yau.

"This can lead to a cheesy-like odour. Excessive amounts of perspiration, known as hyperhidrosis, fungal skin or nail infections, and poor foot hygiene can lead to foot odour too."

When it comes to footwear, Yau advises to always avoid shoes that prevent the feet from being able to breathe properly, as well as shoes which are too small.

Shoes like this may suffocate the feet and increase sweating, leading to odour.

If shoes and socks get wet, take them off immediately and leave them to dry. Yau recommends putting kitchen towels or newspaper inside shoes to absorb moisture quickly.



Smelly feet can be extremely embarrassing when you have to take off your shoes (Image: Getty Images)

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Avoid wearing the same shoes every day and change shoes regularly, and consider treating shoes with anti-fungal powder or spray and odour-eater insoles.

With regards to socks, Yau recommends wearing 100 per cent cotton socks as they may help to reduce moisture.

Socks with silver or bamboo fibre may also prevent smelly feet as they are antimicrobial.

Socks should be changed daily and washed at 60 degrees or above. Consider using a disinfectant washing powder to kill more germs.

Washing feet is very important, according to Yau who advises washing your feet twice a day.

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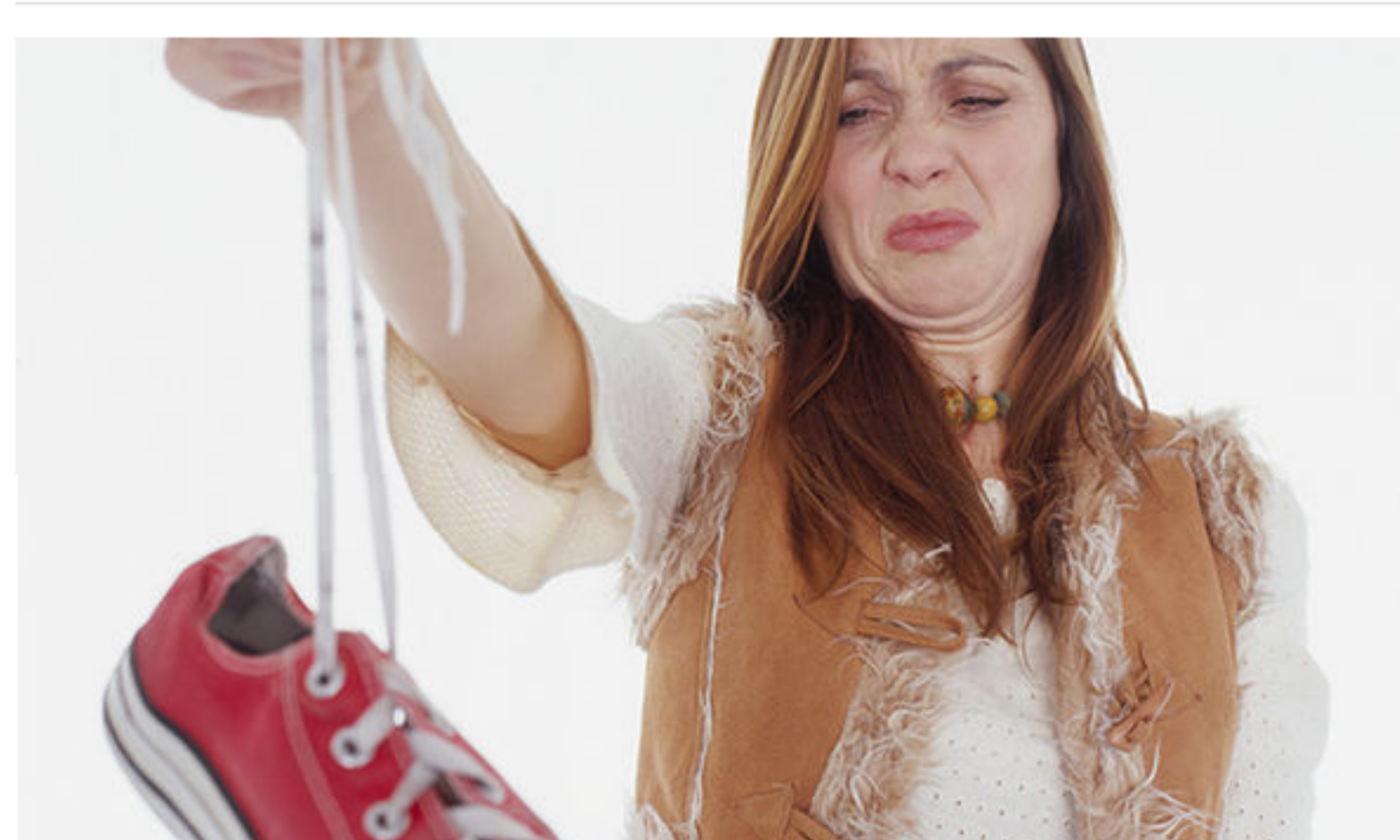
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Washing feet twice a day can help eliminate odour (Image: Getty Images)



After treating a fungal infection, consider changing your shoes for new ones (Image: Getty Images)

This is especially relevant after the gym and after work when feet will be sweeter.

Wearing open or breathable shoes will prevent sweating, while it's important to ensure feet are dried properly after washing, especially in the between the toes.

If foot odour is the result of an infection, the infection must be treated first.

Over-the-counter anti-fungal products and anti-microbial soap may help, said Yau, but medical attention may be needed if these don't work.

Once any fungal infection has cleared, Yau recommends changing to new shoes and new socks to help keep the fungus at bay.

"It is important to remember it may take several weeks for the smell to reduce. Treating bromodosis needs commitment in regards to foot care, foot hygiene and changing habits. If there is no improvement please consult your doctor," said Yau.

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