

**HEARTLAND FOOT AND ANKLE. ASSOCIATES, P.C**  
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HYPERHYDROSIS (Sweaty Feet) INSTRUCTIONS

1. Clean the area [*once,twice*] daily with soap and water. Dry completely.
2. Apply a thin coat of Bromi-lotion. Dry completely. (Bromi-lotion prevents sweating).
3. Apply [Gordon's #5 Foot Spray, Bromi-talc Plus Powder, or talc powder] to your feet. Dry completely. (This also prevents sweating).
4. Put on clean, dry socks & shoes.
5. Spray shoes with Mycomist *every* evening. (Mycomist is a sanitizing deodorant spray for your boots and shoes. It has anti-fungus properties as well).

Please call our office @ 309-661-9975 with any questions.