

Common Foot Skin Conditions Treated by Podiatrists in Idaho Falls



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When most people think of podiatrists, they often picture treatment for sprains, fractures, or bunions. But skin issues on the feet are just as common—and just as important to treat professionally.

At Idaho Foot & Ankle Center, we regularly diagnose and treat a wide range of skin conditions that affect the feet and ankles. These issues can range from mild irritation to painful, chronic conditions that disrupt mobility and quality of life. The good news? Our experienced podiatrists have the tools and knowledge to provide relief.

Why Skin Conditions Shouldn't Be Ignored

The skin on your feet is exposed to a lot of wear and tear. It supports your body weight, absorbs impact, and is often confined inside socks and shoes for long periods. Because of this, skin problems on the feet can become serious if left untreated. Cracks, lesions, infections, and irritations can worsen quickly, especially in individuals with diabetes or circulatory issues.

Our approach focuses on prevention, early detection, and targeted care. By addressing skin issues as soon as they arise, we help patients avoid complications, discomfort, and infection. Whether you're dealing with a recurring rash or a persistent wart, it's worth having it evaluated by a podiatrist who understands the unique structure and function of the foot.

Athlete's Foot (Tinea Pedis)

This common fungal infection affects the skin between the toes and on the soles of the feet. It's caused by moisture buildup, tight footwear, and exposure to contaminated surfaces. Symptoms include itching, redness, peeling, and sometimes a burning sensation.

We treat [athlete's foot](#) by identifying the fungal strain and prescribing appropriate antifungal medications. For recurring cases, we help patients make environmental and footwear changes to prevent reinfection. Our podiatrists also educate patients on hygiene strategies that promote lasting skin health.

Warts (Plantar Warts)

Plantar warts are caused by the human papillomavirus (HPV) and typically appear on the bottom of the foot. They may look like small callused areas but can become painful over time, especially when pressure is applied while walking or standing.

We offer in-office treatments for [warts](#) that target the virus at its source. These include topical medications, cryotherapy, and other advanced therapies that destroy the wart tissue while protecting the surrounding skin. Prompt care helps reduce pain and prevents the virus from spreading to other areas.

Calluses and Corns

Calluses and corns develop from repeated friction or pressure. While they may seem like minor cosmetic issues, they can cause pain and may signal an underlying issue with foot mechanics or footwear. Corns typically form on the tops and sides of toes, while calluses are more common on the soles.

Our team treats [calluses and corns](#) by addressing both the symptoms and the source. We offer debridement procedures to gently remove thickened skin and recommend custom orthotics or footwear changes to relieve pressure. This approach provides both short-term relief and long-term prevention.

Skin Lesions and Growths

Not all skin issues are immediately identifiable. Some appear as small lesions, nodules, or discolorations that require evaluation to rule out serious conditions. Skin growths on the feet could be benign, but they may also indicate skin cancer or systemic disease.

We provide comprehensive exams and diagnosis for [skin lesions](#), and when necessary, we perform biopsies or refer to dermatology for further testing. Early identification ensures the best outcomes, especially in high-risk patients.

Diabetic Skin Complications

For individuals with diabetes, foot care is crucial. Reduced circulation and nerve damage make it harder to feel injuries, leading to unnoticed cuts or infections. Dry, cracked skin is common and can become an entry point for bacteria.

We provide thorough, ongoing [diabetic foot care](#) that includes regular skin assessments, wound care, and preventive strategies. Our team works closely with patients to identify early warning signs, treat infections, and maintain healthy skin integrity.

Fungal Toenails (Onychomycosis)

This condition occurs when fungi infect the nail bed, leading to thickened, brittle, discolored toenails. While it may seem purely cosmetic, untreated fungal toenails can spread to other nails or cause discomfort when wearing shoes.

We offer professional debridement and prescribe antifungal medications that are more effective than over-the-counter products. In some cases, [MLS Laser Therapy](#) may be an option to target deep fungal infections and restore nail health.

Cracked Heels and Dry Skin

Cracked heels are more than just a cosmetic problem. Deep fissures can be painful and may bleed or become infected. Dry skin on the feet is often linked to environmental factors, aging, or underlying conditions like eczema or psoriasis.

Our podiatrists treat cracked heels and dry skin with moisturization protocols, debridement, and recommendations for daily foot care routines. When needed, we may suggest prescription-strength creams or specialized footwear to reduce pressure on vulnerable areas.

When to Seek Professional Care

Foot skin conditions can worsen quickly if ignored or mismanaged. If you notice persistent itching, discoloration, cracking, lesions, or changes in texture, it's time to schedule an evaluation. For those with underlying health conditions like diabetes, even minor skin issues should be addressed promptly.

Professional care ensures that the underlying cause is correctly identified and treated. At Idaho Foot & Ankle Center, we treat every case with the attention and expertise it deserves. From first-time concerns to chronic skin conditions, we're here to help.

Why Choose Idaho Foot & Ankle Center?

We're proud to be a trusted provider of [foot and ankle services](#) for patients throughout Southeast Idaho. Our clinics in [Idaho Falls](#) and [Rexburg](#) are staffed by board-certified podiatrists who take time to listen, diagnose accurately, and provide solutions that last.

With access to advanced treatments like [MLS Laser Therapy](#) and conservative care options tailored to each condition, our patients receive personalized attention every step of the way. Whether you're seeking help for a painful lesion, persistent athlete's foot, or diabetic skin care, we deliver high-quality, compassionate treatment.

Our practice is built on a strong reputation and [a long history of helping our customers](#) achieve lasting relief. From your first visit to follow-up care, we're committed to getting you back on your feet—pain-free and confident.

Healthy Skin Starts with Professional Foot Care

Taking care of your feet means more than avoiding injury—it means protecting your skin, too. At Idaho Foot & Ankle Center, we treat a wide range of foot skin conditions with skill, care, and a personalized approach. Whether you're battling [athlete's foot](#), coping with [diabetic complications](#), or unsure about a new [lesion](#), we're here to help you find answers and relief.

Reach out today to schedule a consultation with one of our podiatrists. From [new patient appointments](#) to ongoing care, we're ready to provide solutions that restore comfort and confidence.

Related Questions

Are foot warts contagious?

Yes, plantar warts are caused by a virus and can spread through direct contact or shared surfaces.

Can a podiatrist remove a skin lesion?

Yes, podiatrists can evaluate and remove many skin lesions or refer to a specialist if further testing is needed.

What's the best way to treat athlete's foot?

The most effective treatment depends on the fungal strain and severity—we provide prescription antifungals and hygiene strategies.

Should I see a podiatrist for cracked heels?

Yes, especially if the cracks are deep, painful, or not healing—a podiatrist can provide targeted treatments and prevention tips.