

Pitted Keratolysis – Treatment with Formaldehyde

- The solution used is 5% formaldehyde (1 in 20 solution) – 500 ml.
- Use a dish of 1-2 inches (3-5 cm) depth and pour the formaldehyde in to it.
- Place a multiply-folded old tea towel or something similar in the base of the dish.
- Then steep the affected part of the foot in the solution in the dish and keep it soaking there for at least 10 minutes. This should be repeated each day.
- After use the cloth ought to be wrung out and the solution in the dish returned to the bottle and used again the next day. The dish needs to be thoroughly cleaned.
- The formaldehyde solution will make the skin dry, hard and discoloured but this is of no consequence.
- If the solution causes stinging in the soft skin between the toes when the foot is being soaked, smear a little ordinary Vaseline in the toe spaces **before** soaking is commenced.
- As the solution is used up or becomes disagreeable, ask your doctor to give you a prescription for a fresh supply.
- The treatment should be continued like this for four to six weeks.
- After the first treatment it is safe to give further courses, or in persistent cases the treatment can be used once to twice a week to keep things under control.