Shoe Disinfection Information Sheet

Fungal foot infections such as athletes foot can persist from reinfection from fungal spores in footwear, socks and towels. If treatment is to be successful hygiene in these areas should be addressed. If a fungal infection is present the washing cycle should include a higher temperature wash or dry. Low temperature washing at 30 degrees will not kill the spores.

Ultra violet (UV) shoe sanitisers have been shown to reduce the fungal load in footwear and can be effective in reducing foot infection cycles. Please see the following article for the research undertaken.

Optimization of an Infected Shoe Model for the Evaluation of an Ultraviolet Shoe Sanitizer Device
Mahmoud A. Ghannoum, Nancy Isham and Lisa Long
JAPMA July/August 2012 vol. 102 no. 4 309-313

The process in also successful in achieving deodorisation of shoes.

Orthotika has a Klenz Elfur-K UVshoe sanitisers which sanitises and deodorises shoes in an 8 minute cycle. It is an essential part of any treatment for athletes foot or a fungal nail and for people who have problems of hyperhidrosis (excessively sweaty feet).