



Your Instructions for feet:

Any cream with ammonium lactate, urea, salicylic acid, or glycolic acid can help but urea cream works the best. 40% is the strongest. Try under white cotton socks at night as tolerated and as needed. Milder treatment includes over-the-counter 12% ammonium lactate cream (not lotion) 2x/day. I have found the cheapest price often to be on Amazon (brand called "Major" brand). Another option is Gold Bond Ultimate Rough and Bumpy Skin Daily Therapy Cream.