

Cabrillo Podiatry Group
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Lotions

For Calluses

- Amlactin (Can be purchased at Costco)
- Urea Cream (20-40%)
- Lactinol

For Corns

- Vaseline directly on corns
- Aquaphor directly on corns

For Dry Skin

- Aveeno
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- Aveeno Eczema Therapy (for extremely dry skin)

When to Moisturize: once or twice a day

**Best time is after bathing

Do not put creams between toes as this can cause athlete's foot.

