



THE AUSTRALASIAN COLLEGE
OF DERMATOLOGISTS

Juvenile Plantar Dermatoses

Also known as ... Atopic Winter Feet, Forefoot Dermatitis, Moon-boot Foot Syndrome, Sweaty Sock Dermatitis

What is Juvenile Plantar Dermatoses?

Juvenile Plantar Dermatoses is a skin condition where there is cracking and peeling of the weight-bearing areas of the soles.

What causes Juvenile Plantar Dermatoses?

The condition occurs primarily (but not exclusively) in children who have [atopic dermatitis \(eczema\)](#), asthma or hay fever. Their skin seems more sensitive than the skin of others and friction appears to play a role. Boys aged 3 to 14 are most commonly affected.

What does Juvenile Plantar Dermatoses look like?

The soles become shiny and glazed with some scaling, painful cracks and fissures. Sometimes the heel and palms are affected as well.

The tops of the feet, the web spaces between the toes and the instep are typically spared.

How is Juvenile Plantar Dermatoses diagnosed?

A diagnosis is usually made clinically, based on a medical history and the appearance of the rash. However, investigations such as skin scrapings or patch tests may be needed to distinguish it from other skin conditions (such as [psoriasis](#), keratolysis exfoliativa, [contact allergic dermatitis](#) or fungal infection).

How is Juvenile Plantar Dermatoses treated?

- Avoid skin irritants (e.g. soap and shampoo) and use a soap substitute such as aqueous cream or Sorbolene.
- Avoid wearing shoes and socks made of synthetic materials. Well-fitting leather shoes and cotton socks should be worn instead. Wearing two pairs of cotton socks can help to reduce friction. Avoid wearing damp socks and change socks regularly.
- Apply moisturisers such as white soft paraffin regularly after a bath and before bed.
- Allow for days with little or no walking to allow the fissures to heal.
- Cover fissures with a sticky plaster, a “liquid bandage”, nail glue or zinc oxide paste.
- Use barrier creams and/or keratolytics.

- Reserve the use of topical steroid creams for flare-ups, particularly if the affected skin is red or itchy.

What is the likely outcome of Juvenile Plantar Dermatitis?

Prognosis is good as the condition usually resolves by puberty.

This information has been written by Dr Davin Lim and Dr Heba Jibreal
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