

Daily Care Guidelines for Good Foot Care

Many people have poor circulation and/or are unable to feel their feet properly. Therefore it is easy to damage your feet without realising it. It is vital that extra care is taken on a daily basis to keep your feet as healthy as possible.



Wash your feet daily. Test the water first with your forearm or elbow to make sure that it is not too hot. Use a soft face cloth or cotton wool to clean in between the toes each time you wash.



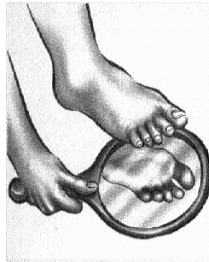
Dry your feet carefully with a soft towel. Make sure you dry thoroughly and gently between the toes.



Use moisturising cream daily on dry skin. Avoid putting cream between the toes unless your Doctor or Podiatrist has advised you otherwise.



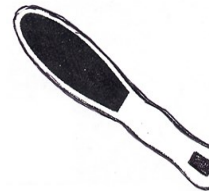
Do not use corn or hard skin treatments. Avoid using anything, which may dry or irritate the skin. Check the labels for warning. If your eyesight is poor ask a friend or family member for help.



Inspect your feet daily. Check underneath your feet with a mirror or ask a friend or family member to help. If your skin becomes red, itchy or sore, or if hard skin cracks or open wounds appear, seek immediate advice from your Doctor or Podiatrist.

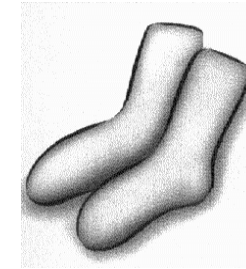


Beware of temperatures, which are too hot or cold. Try to keep your feet warm when the weather is cold by wearing warmer socks or tights. Choose winter shoes with thicker soles and avoid standing on cold surfaces for too long. Do not sit too close to fires and heaters, or put your feet on hot sand, heat pads or hot water bottles, as they may burn your skin.

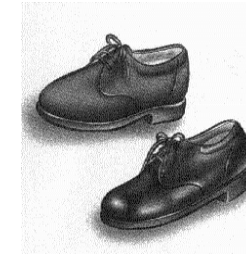


Nail care should be carried out carefully. File your nails following the shape of the toe, do not file down the sides and take care not to file them too short. If your vision or reach is impaired ask a friend or family member to help. A foot file may help you reach your feet. (see picture) These are available to purchase from most chemists.

If you have been advised not to file your own nails, or have any difficulty please contact your Podiatrist.



Wear clean socks or tights daily. Choose pairs that are not too tight around your foot or ankle and have smooth seams, which will not rub your toes. Ensure that they are made of natural fibres.



When you buy new shoes try to have your feet measured. Choose soft, leather shoes free from bulky seams and with a rounded toe. Feel inside your shoes each day before wearing to check the soles is smooth and no objects have fallen inside.

Do not walk barefoot, even in the house.