

## How can I best care for my feet?

### Look after your feet every day

- Check both of your feet and check between the toes. Use a mirror or ask a friend if you cannot see properly
- Wash your feet and dry carefully
- Apply some foot cream to stop dry skin (not between toes)
- Wear clean wool or cotton socks
- Do not wear anything with tight elastic, it can slow the blood flow
- Wear good fitting shoes that do not press on your feet.

### How to avoid injury

- Only use warm water, not hot water on your feet
- Wear bed socks instead of using a hot water bottle. Turn off the electric blanket before you get into bed
- Do not walk in bare feet indoors or outdoors. Wear something to protect your feet all the time, even at the beach
- Look inside and feel inside your shoes before you put them on. Make sure your shoes are not damaged and nothing has fallen in, such as a small stone
- Cut your toenails straight across and file off the edges with a nail file. Do not dig down the side of your toenail and do not cut your toenails shorter than the end of your toe
- If you have corns, rough dry skin (callus) or other foot problems, visit a podiatrist
- Visit your doctor if any cuts or sores do not heal or if you are worried about swelling, redness or discharge. Remember that minor injuries can get worse if not treated quickly.