



# Caring for Your Feet at Home



## Daily Hygiene



- Change your socks, tights or stockings every day.
- If possible, wash your feet daily with warm water and mild soap. Rinse thoroughly and dry carefully.
- Do not soak your feet for longer than 10 minutes.
- Dry your feet well, especially in between your toes.
- Moisturise areas of hard skin (not between your toes) with a cream eg. E45, Vaseline Intensive Care, Nivea.
- Regularly spend a few minutes checking your feet for cuts, blisters, bruises which may need medical treatment. A hand-held mirror can help you to see your feet more easily.

## Nail Care



- File your nails every week to keep them short.
- Filing your nails can be just as effective as cutting them and it is much safer – particularly if your eyesight is poor.
- Long handled files are available.
- Thickened nails can be filed across the top to reduce the thickness.
- Do not cut toenails down the sides as this can lead to ingrowing toenails. Cut them straight across the top, preferably using clippers and try not to cut them too short.

## Dry/Hard Skin and Corns



- Avoid thin soled shoes.
- Apply moisturiser daily to the affected areas e.g. E45, Vaseline Intensive Care, nivea.

- Use a nail file or pumice stone weekly, just after washing your feet. This will remove the top layer of dry/hard skin but be careful not to rub too hard as this will make your skin sore.
- Do not wear shoes without backs e.g. mules or flip flops as these cause hard skin around the heels.

## Footcare



- Most foot problems are caused by shoes or slippers which do not fit properly.
- If possible, get measured for shoes.
- Try to buy footwear in the late afternoon, as feet often swell during the day.
- Things to look for:
  - Leather shoe
  - Wide and deep toe box (front of shoe)
  - Heel height of less than one inch
  - Lace up, Velcro or buckle fastening
- If possible, avoid walking barefoot and wearing slippers for long period as they offer the feet no support. Trainers or normal shoes provide more protection and support than slippers.

## Winter Care



- Wear warm socks, tights or stockings.
- Avoid tight fitting socks, tights, stockings and shoes as these reduce the circulation to your feet.
- A simple fleecy or foam insole in the bottom of your shoe can help to insulate your feet. Ensure that there is enough room in your footwear for the insoles.
- Do not sit too near the fire or direct heat as you could easily burn your legs and feet.
- Bed socks are better and safer than hot water bottles.

If possible, ask a family member to help with your footcare. Alternatively, speak with your GP or contact a local, private podiatrist who is registered with HCPC.

