## Tips for Looking after your feet

- Feet should be washed daily in warm water. Avoid soaking the feet for long periods of time as this causes drying of the skin.
- If you can not reach between your toes easily, try using cotton buds.
- Baby wipes can be used all over your feet if it is difficult to wash them.
- Use a thick emollient / dry skin cream on hard or dry skin, as this provides moisture and can reduce the risk of injury to the skin.

- Toenails should be cut following the natural shape of the top of the toe.
- Find a comfortable position e.g. put foot up on chair, and cut toenails a little at a time, start in one corner taking a little pieces of nail off as you work across it.
- Do not pick or dig down the sides of nails as this can often cause them to ingrow.
- Use proper nail clippers as this makes it easier to cut toenails.
- Once you have cut your nails, file the edges to remove any sharp edges.
- Place the file on the nail and push it away from you.
- Regular filing can mean you don't have to cut your nails at all.

- Hard / dry skin can be rubbed gently using a foot file or pumice stone, done regularly this can prevent the hard skin from building up.
- You can use a file on skin that is wet or dry, but remember to use a proper foot file as a nail file may not be course enough.

- Don't use corn plasters that contain acids, as this can cause a burn on the skin. Cushioning padding or insoles are good way of reducing the pressure and rubbing on hard skin and corns.

- Always buy the best fitting shoes that you can, making sure your foot width, depth and length are checked before you buy shoes.
- Shoes with a fastening e.g. laces / Velcro will usually be more roomy than slip-ons.
- Shoes should have a good thick cushioned sole and a non slip sole can help prevent falls.
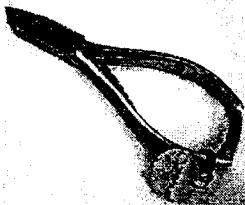
Sometimes feet can be difficult to manage and you may want to see a Podiatrist. We advise you to look for a Podiatrist who is registered with The Health Professions Council and is a Member of The Society of Chiropodists & Podiatrists.