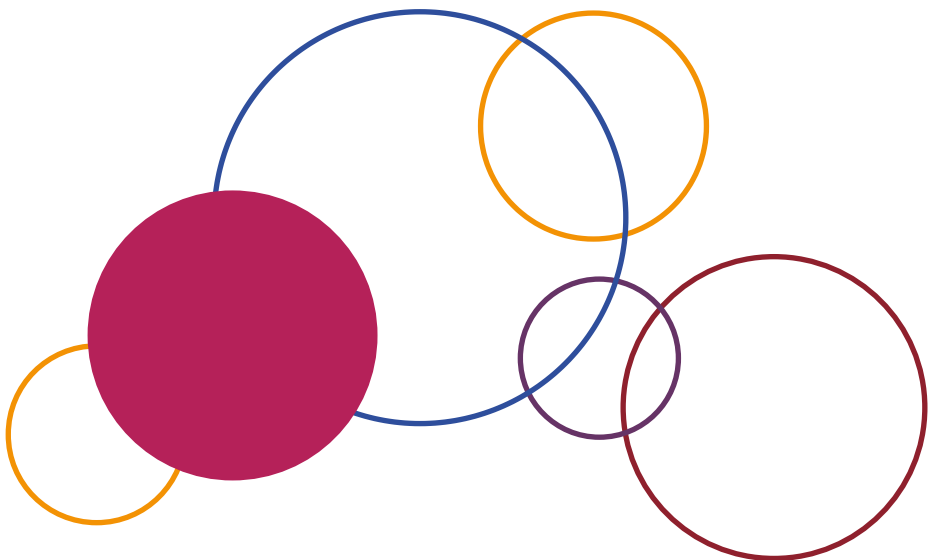


Service information guide

Looking after your feet

Podiatry Service



Podiatry - Looking after your feet.

Good footcare is important no matter what age you are.

This leaflet is intended to give simple practical advice about nail and foot care.

It is designed for anyone caring for their own feet, family members or anyone working as a carer.

General Foot Care Information

Clean socks or stocking should be worn daily and checked for fit.

Wash your feet every day. If you are unable to get in the bath or shower it may be easier to wash your feet using a basin.

After washing dry your feet carefully, making sure you dry between your toes to help prevent fungal infections. A cotton bud or folded tissue can be used to clean or dry between the toes.

Using moisturiser on you feet daily (but not between the toes) will keep the skin in good condition.

Checking your feet

You should try and check your feet regularly so you can spot any problems quickly. Look out for any changes such as redness, cuts, swelling or bruising.

If you can't see the bottom of your feet try placing a mirror

Nail Care

You can file your nails (1 to 2 times per week) or cut your toenails to help keep them comfortable.

If you choose to cut your toenails, it is best to use proper nail nippers. Cut them straight across, not too short and not down at the corners as this can lead to ingrowing toenails.

Once cut, file with an emery board to ensure there are no sharp edges. You can file thick nails over the surface to make them thinner.

If your toe bleeds when cutting your nails clean the area with tap water and cover the cut with a clean dressing. Leave it in place for 48 hours. Contact your GP or Podiatry service if you are worried that the area is not healing properly.

Hard skin and corns

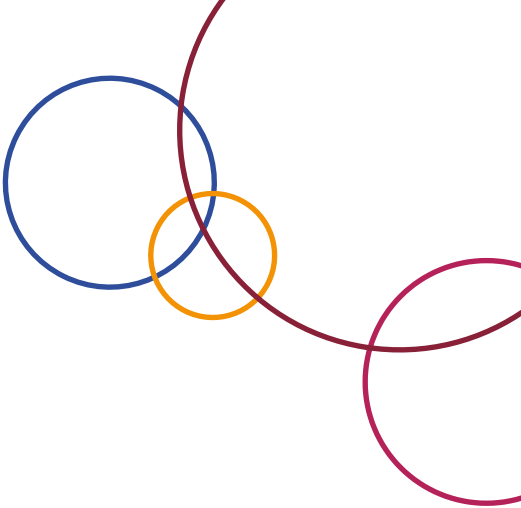
Use a foot file or pumice regularly 2-3 times a week to gently file the skin. It is best to file your feet before a bath when your skin is dry. Do this little and often so you don't make your feet sore.

Do **not** use acid based removal devices (i.e. some corn plasters) as they can do more harm than good, especially if you have diabetes or poor circulation.

Athlete's Foot

This is a fungal infection which can affect the skin and nails. You can purchase antifungal creams and sprays from the pharmacist.

Ensure you dry feet well after washing, applying surgical spirit can help reduce moisture, but only use on un-broken skin. Avoid using moisturiser between the toes.



Get in touch

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