

5 STEPS TO HEALTHY FEET

1. LOOK AFTER YOUR SKIN AND TOE NAILS.

Follow the natural shape of your nails and do not cut down the sides. Use a foot moisturiser on your skin regularly to stop the skin becoming dry and hard.



2. WASH YOUR FEET DAILY.

Gently wash your feet daily and dry them well, especially in between the toes. **DO NOT** soak your feet as this removes the natural oils.



If you are using moisturiser remember **DO NOT** apply it between the toes.

3. ALWAYS WEAR WELL FITTING SHOES & CHANGE SOCKS DAILY

Make sure shoes & slippers fit properly and support your feet. Laces or Velcro straps are best.



Check shoes daily for stones, loose insoles, holes or worn seams which could injure your feet.

4. CHECK YOUR FEET EVERY DAY.

Look for blisters, corns, hard skin, nail problems & damage to the skin.

Also look for any signs of redness, pain, swelling or changes in your foot shape.

Use a mirror if you are unable to see your feet.



5. LOOK AFTER YOURSELF.

It is important to look after yourself. Exercise regularly, eat a good balanced diet & don't smoke. If you need any help with these speak to a health professional or GP.



ALWAYS ASK FOR HELP.

If there are any changes to your feet or you are concerned always remember to ask for help. This could be contacting your GP, Practice nurse or Podiatrist. Keep contact details handy and know who to call at the first sign of a problem.