



General Footcare

It is important to keep your feet healthy. Healthy toenails are important as they protect the tips of your toes.

Forgotten feet can lead to ingrown toenails, fungal infections, cracked heels, pain and discomfort, or in some cases infection and even amputation.

General day-to-day footcare is important, especially if you have underlying conditions such as Diabetes or Arthritis.



Podiatry & Foot Healthcare

www.wefixfeet.co.uk

General Foot Care Advice

Some simple tips to help your feet stay healthy:

- Use a foot file to keep hard skin (callus) at bay
- Use a moisture cream containing 10% urea every day, to keep the skin soft and supple
- If you can, go for a walk; even if it's just around the house. Exercising your feet will help your circulation and keep the joints moving

Hygiene

- Wash your feet daily in warm, not hot water, using mild soap
- Dry your feet well by gently rubbing with a clean towel. Take care to dry gently between the toes
- Cut your toenails straight across, following the curve of the end of your toe. Do not cut them down the sides or pick at them, as this may result in ingrown toenails

Hosiery

- Change your socks or stockings for clean ones every day
- Choose cotton mix or wool mix socks. Man-made fibres tend to encourage sweaty feet. Bamboo-cotton socks are an excellent choice.
- Take care that socks or stockings are not too tight and that the seams are not too thick. Ensure elasticated tops on socks do not restrict circulation. Soft-top socks are an excellent choice.

Hard Skin and Corns

- The accumulation of skin (hard skin, or callus) can become thickened and is caused by pressure and friction
- Often shoes or slippers may be too tight or too loose - ensure your footwear is well fitting
- If you do have corns and callus, visit a foot healthcare professional who can gently remove excess callus build-up and painful corns
- We can advise you on how to help prevent their return and best keep your feet in tip-top condition



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The general information provided here does not constitute medical advice. You should consult with a suitably qualified foot health care clinician. Please contact your nearest *We Fix Feet* clinic to book your consultation.