

Footcare

Why is foot care important?

If you have diabetes, nerve damage or circulation problems, regular foot care can prevent infections that can lead to serious foot problems.

How can I care for my feet daily?

1. Inspect your feet daily
 - Use a mirror or ask a family member to help you
 - Check for cuts, bruises and swelling.
 - Look between toes.
2. Wash your feet
 - Wash feet daily with mild soap and warm water.
3. Dry your feet
 - Pat your feet to dry them well.
 - Dry the area well between your toes.
4. Moisturize dry skin
 - Apply moisturizing lotion to feet if they are dry.

Other footcare tips

Trim toenails carefully or have them trimmed by a professional

- Keep nails the same length across.
- Do not cut nails too short.

Wear comfortable socks and shoes that fit well

- Shoes should be long enough and wide enough so there is no pressure on any part of your foot.

Shop carefully for shoes

- Buy in the afternoon because feet often swell during the day.

What are some things I should avoid?

Do not smoke

- Smoking reduces blood supply to your feet.
- Get help quitting—talk to your pharmacist.

Do not soak your feet

- Soaking can dry the feet out causing dryness and cracking.

Avoid exposing your feet to direct heat or cold

- Do not use heating pads and hot water bottles.
- Keep your feet warm by wearing socks.



MEDICINE CENTRE
PHARMACY

Never attempt to remove corns, calluses, or warts on your feet.

- Don't use chemical wart removers, razor blades, corn plasters, or liquid corn or callus removers.
- Get a health care professional to help you

What are some signs of foot problems?

- Burning, tingling, or pain in the feet.
- Loss of sensation to heat, cold, or touch.
- Changes to the color or shape of your toes or feet.
- Thickening and yellowing of the toenails.
- Red spots, blisters, sores, or ingrown toenails.

Who should I contact if I have a problem with my feet?

- A Foot Care Nurse.
- Your Doctor.
- A Podiatrist.

Notes: