

The Good Foot Guide

Information for patients

Here is some advice to help you to keep your feet healthy:

Hygiene and skincare

Keeping feet clean is an important part of preventing infection.

- Wash feet daily in warm soapy water, but do not soak your feet.
- Wash between the toes and around nails. Use a soft nail brush to clean the area at the sides
- Dry feet carefully, especially between the toes.
- Apply a good moisturising cream to areas of dry or hard skin (not between the toes)
- If the skin between the toes is moist, apply surgical spirit.
- Wear clean socks/stockings daily.

Nail Care

File nails regularly whilst they are dry to avoid the need to cut them. You may need to do this several times a week to keep the length and/or thickness down.

If you need to cut nails, cut them level with the end of your toes. Remember that nails are easier to cut after bathing as they are softer.

File away any sharp edges, do not try to shape the nail with scissors or clippers as this can encourage the nail to become ingrown.

If the nails are too thick to cut, file them regularly with a nail file (Diamon Deb Foot files are ideal) or an emery board.

Corns and callous

Corns and callus on the tops or sides of toes can be avoided by wearing the right style and fit of footwear. Make sure there is enough width and depth at the toe box area and wear a shoe with fastenings to support the foot and prevent friction from excessive foot movement.

Corns and callus on the sole of the feet can be avoided by wearing shoes with a thick cushioned sole, a wide weight bearing area, and a low heel height. Use a cushioned insole for extra padding.

Use a foot or nail file regularly when the feet are dry to remove hard skin. Apply a gentle pressure backwards and forwards until the build-up is gone. You may need to do this several times a week to keep your feet comfortable. Apply a good moisturising cream daily.

Do not use corn pads or ointment as they can damage the skin, and never be tempted to cut your own corns with a knife or blade.

If you have a foot problem that you cannot resolve yourself, or want specific advice about foot care consult a HCPC Registered Chiropodist / Podiatrist or speak to your GP. You will only be referred to the Coventry & Warwickshire Partnership Trust NHS Podiatry Service if you meet the service criteria.