

Foot Health Dos and Don'ts



Do not cut too short or down the sides of your toenails. This can result in painful, ingrown toenails. We advise following the natural contour of your nail if you need to cut them. Filing nails gently using an emery board once or twice a week, will reduce the need to cut your nails as frequently.

Do not pick your nails or the skin around them. This can create portals for bacteria to enter and create a risk of infection.

Good hygiene is essential for healthy feet. Wash and dry your feet thoroughly each day with warm soapy water. Ensure you dry them thoroughly, especially in-between your toes. If you struggle to dry in between your toes, surgical spirit (a tiny amount wiped in between your toes using a tissue or cotton bud) can help to dry this area.

If you notice a lot of debris (dry skin, sock fluff etc) down the sides/ around your nails, do not try to pick it out. Instead, use a toothbrush to gently brush this debris away from the nail. A separate toothbrush to the one you (or a family member) use on your teeth is recommended.

Use olive oil (basic olive oil is fine) around your cuticles and edges of nails to help keep the skin around them soft and prevent a build-up of dry skin down the sides of your nails. Applying small amounts of the olive oil using a cotton bud or similar is recommended.

Apply a good moisturising cream to your feet daily to keep your feet hydrated and prevent skin becoming dry and cracked. Do not apply cream in between your toes as this area can be moist already. If you struggle to reach your feet to apply cream, use an old flannel (or similar) to put cream on and then rub your feet on the flannel one at a time. We recommend putting socks on to ensure you do not slip after applying cream, or sit with your feet up long enough to let the cream absorb in (5-10mins)

Regular filing of hard, dry skin once or twice a week using an emery board is recommended, to prevent the hard skin building up as quickly. We advise filing the dry and hard skin on your feet when your skin is dry and before you apply any cream or have a bath/ shower. Doing this when your skin is wet can cause the skin to pull and you can file too much off and it can become painful.

Rotate footwear regularly. As we have approx. 250,000 sweat glands in our feet and perspire approx. 1litre of fluid a day from them, rotating footwear gives your shoes time to dry out and helps to prevent issues such as bacterial or fungal foot infections.

Wear shoes that fit correctly. Shoes that are too tight can cause long term foot problems. Shop for shoes at the end of the day to compensate for foot swelling that may occur later in the day.

Avoid slip on shoes and shoes that do not provide enough "wiggle room" for your toes in the front of the shoe.

Check your feet daily for any changes to skin colour, cuts, cracks to the skin, or problems with your nails not previously noticed.

REMEMBER foot pain or discomfort is not normal. Any concerns please seek help and advice from your podiatrist.

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