

## Looking after your feet

A self-help guide for patients and carers



## Tips for safe footcare

Good footcare can mean painless, healthy feet.

If you get into a daily routine, your feet are more likely to stay healthy.

Wash your feet daily in warm water, using a moisturising wash. Don't soak them for more than ten minutes as this can reduce the natural oils of the foot, causing dry skin.

Make sure that your feet are thoroughly dry. Use tissues to dry between the toes by gently dabbing the area if your skin is fragile. This prevents grazing the skin and reduces the risk of fungal or bacterial infections.

If the skin between your toes appears white and moist use surgical spirit or witch hazel daily.

Remove hard skin by gently rubbing with a pumice stone or foot file. Avoid doing this if the hard skin is over a joint or bony area.

If your skin is dry, use a moisturising cream daily. Do not apply between the toes.

Keep your feet warm and take regular exercise. This helps with the circulation.

### do not

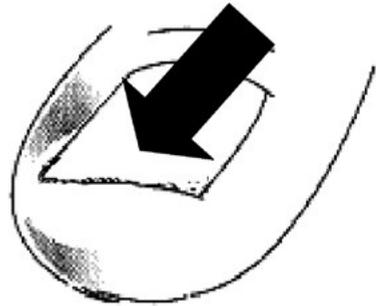
- Use sharp instruments such as razor blades to cut corns or hard skin
- Use corn paints/corn plasters which contain acid
- Use ingrowing toenail paints as these contain acid.

## Care of the toenails

Correct nail care is important. Follow these steps to reduce the risk of problems.

When you cut your nails, use proper nail clippers. Cut straight across and not too short or down the corners, as this can lead to ingrowing nails.

A **safer** way is to file them. Use a foot file approximately twice a week and gently file in one direction down the end of your nails (away from yourself). This is particularly useful if your nails tend to be thickened.



Emery board files are ideal and can be purchased from many high street stores.

If you get discomfort from the sides of your nails due to build-up of dead skin, use a toothbrush or soft nailbrush to gently brush up the side (away from yourself). Rubbing in a little moisturising cream and brushing away can also help to keep the sides clear.

The safest way to reach your foot is to be seated on a chair, with your foot on a towel-covered chair, opposite you. If you

are able, bend your knee upwards, as this allows the foot to be closer to the body.

## Footwear

It is important for good foot health to wear well fitting shoes. (See the leaflet 'Your shoes and you' for further information.)

The ideal shoe should fit the foot properly and be the correct width and length. It should have a broad heel and have a fastening (lace, buckle or Velcro).

Slippers offer little support or protection to the foot and become worn very quickly, and therefore can be dangerous. They are made from man-made materials, which encourage perspiration and do not stretch to fit the foot. They should never be tight fitting but, if worn, ideally should be of the bootie type with zip or Velcro fastening.

Always change your hosiery (tights or socks) daily. Cotton or wool are better than man-made fabrics as they allow for swelling and absorb perspiration.

## About the service

People who attend the podiatry services have been referred by a health professional for a number of reasons.

This could be because they are 'at risk' from conditions such as diabetes, rheumatoid arthritis or other debilitating illnesses which might affect their foot health.

It may be for footcare advice.

Patients may also self refer and these patients may be invited to a:

- Foot health talk
- Assessment appointment dependent on the reason for referral.

This leaflet aims to give simple, basic advice for good footcare for patients and their carers.

If you have any concerns please contact us; our details are on the front of this leaflet.

## Further information

If there are any changes to your health, which alter your ability to maintain your own footcare, or you develop any foot problems you cannot manage yourself, (or with the help of a carer or friend) complete an application form for podiatry services. These can be obtained from your GP practice or East Laith Gate House.

If we have not seen you for more than 6 months, we will require a further completed application form. These can be obtained from your GP practice or East Laith Gate House.

Podiatry services  
East Laith Gate House  
East Laith Gate  
Doncaster DN1 1JE  
Tel 01302 640050

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

**Amharic**

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**Arabic**

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

**Bengali**

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাড্‌ভাইস এন্ড লিয়েজঁ সার্ভিসের সাথে যোগাযোগ করবেন।

**Cantonese (traditional Chinese)**

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务 (Patient Advice and Liaison Service)。电话号码：0800 015 4334。

**Czech**

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

**Farsi**

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، یا به زبان دیگری، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

**French**

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

**Kurdish Sorani**

ئەگەر تۆم زانیاریانە بە چۆنی گۆرە، برائیل یان ئەسەر شریتی دەنگی دەخوازیت باخود ئەم بەمگەننامیە بە زمانیکی دیکە دەخوازیت، تکلیه پەمووندی بکە بە خۆمخاگوزاری پرلنمایی و هاوناھەنگی ئەموونامۆ بە ژماره 0800 015 4334.

**Polish**

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

**Punjabi**

ਜੇ ਤੁਸੀਂ ਇਸ ਦੁੱਕੀ ਡਾਕੂਮੈਂਟ, ਬ੍ਰੇਲ ਨਾ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੱਟੁਟੇ ਹੋ ਨਾ ਇਸ ਸਮਝਣ ਨੂੰ ਹੋਰ ਡਾਕੂਮੈਂਟ ਤੋਂ ਹੋਰ ਚੱਟੁਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਕਾਨਸਲਟੇਸ਼ਨ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

**Somali**

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Taalobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

**Turkish**

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

**Urdu**

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ یا یہ دستوں پر کسی قابل زبان میں چاہیں تو براے کرم پیسٹ ایڈ آفس اینڈ لیژن سروس سے رابطہ کریں۔ 0800 015 4334 پر رابطہ کریں۔

**Vietnamese**

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing  
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