

Daily foot care in nine simple steps



1. Check your feet every day for blisters, cuts or sores, redness or swelling. Tell your GP straight away if you find something wrong.



2. Wash your feet daily with soap and water. Do not soak them for more than 60 seconds.



3. Dry your feet well, especially between your toes.



4. Use an emery board or nail file to gently shape toe nails in line with the end of your toe. Hard skin can also be gently filed smooth.



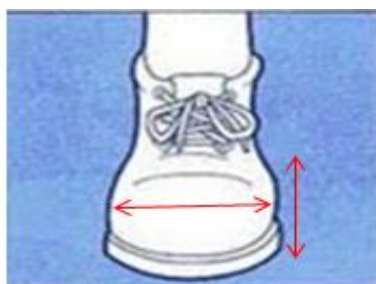
5. Keep skin supple with a good thick moisturising cream, but do not apply between the toes.



6. Change socks/ stockings every day and make sure they are not too tight or too loose.



7. Never walk barefoot indoors or outdoors.



8. Keep your feet warm and dry in a pair of well fitting supportive shoes. Check width and depth of toe area and have a firm fastening.



9. Check your shoes every time you put them on for things that could harm your feet. Look for any holes, splits, pebbles or thorns.

If you require this information in a different format or language, please contact the Trust's Equality and Diversity Team on 025 7653 6802

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