

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 water – do not soak feet.
- Wash between the toes and around nails. Use a soft nail brush to clean the area at the sides of nails and underneath nail edges.
- Use a pumice stone to wet soapy skin to remove any dry or hard skin.
- Dry feet carefully, especially between the toes.
- Apply moisturising cream to areas of dry or hard skin e.g. Aqueous cream B.P.
- 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.

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 Footfiles are ideal) or emery board.

Corns and callous

These can be avoided by wearing the correct sized and shaped footwear.

Regular bathing, the use of pumice stones and moisturising creams to hard skin areas will usually keep callous and corns at bay.

If you do develop painful corns or callous do not use corn pads or ointment and never be tempted to cut your own corns. Seek professional advice.

If you have a foot problem or want specific advice about foot care consult a HCPC Registered Chiropodist / Podiatrist.



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UC78e v5
July 2018

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