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**Q. Can I never ever wear high heels again?**

A. The important thing is to wear the right shoes for the right occasion. For everyday use, a shoe with a flattish heel, rounded toe box, thick rubber sole and fastening is usually the most appropriate.

**Q. Why are my feet sore?**

A. Glad you asked! 70% of foot problems are caused by footwear. Your shoes may well be the cause.

**SOCKS AND TIGHTS**

Don't forget to check that your socks/tights are not causing pressure.

**Additional Notes:**

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**CONFIDENTIALITY AND USE OF PATIENT INFORMATION**

For the purpose of your present and future medical treatment, details of your medical care will be recorded. Some use may be made of this information for research purposes and to indicate the kind of future health services which patients may require; some will be processed on a computer. At all times great care is taken to ensure that high standards of confidentiality are maintained in respect of all information held.

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Lanarkshire Acute Hospitals



# Foot care advice for Healthy Feet

Information for patients  
Podiatry Services

Design - Medical Illustration, NHS Lanarkshire



## SKIN CARE

- ❖ Wash your feet daily, using warm, not hot water and a mild soap (*just as you would wash your hands*).
- ❖ Dry thoroughly, especially between the toes. If your toes are tight together, insert a sheet of kitchen roll to blot up any excess moisture.
- ❖ If you have dry skin, apply a moisturiser - little and often is the best way. **Do not use moisturiser between the toes.**
- ❖ If your skin is sweaty, apply surgical spirit using a cottonwool bud between the toes.

### Common Questions

#### Q. Should I use talcum powder?

- A. Only very sparingly. It should be dusted off so that only a small amount remains on the skin.

#### Q. What about steeping my feet in a basin of hot water?

- A. This is not necessary and may even strip the skin of its natural oils.

#### Q. Is there a special kind of cream I should use?

- A. No. Any non-medicated cream will add moisture to the skin.

#### Q. What about dry hard skin around my heels.

- A. Use any emery type foot file to file this off when the skin is dry. Then apply moisturiser.

## NAIL CARE

- ❖ Cut your nails straight across.
- ❖ File off any sharp corners.
- ❖ Gently scrub with a soft nailbrush if needed.

### Common Questions

#### Q. Is it OK to cut down the sides of the nails?

- A. NO! This can lead to painful ingrown toenails.

#### Q. What should I do about the stuff down the sides of the nails?

- A. If it is not hurting, leave it alone. If sore, gentle scrubbing, as advised above will loosen the dead skin cells and sock fluff.

#### Q. How short should I cut my nails?

- A. Always try to leave a bit of the free edge - the white part, just like your fingernails.

#### Q. Will it help to cut a "V" in the middle of the toenail?

- A. No. This used to be advised but makes no difference.

#### Q. My nails are very thick. How can I cut them?

- A. You may find it easier to file the nails weekly when they are dry.

## SHOES

- ❖ Always get the right size and width. You should be able to wriggle your toes inside the shoes comfortably.
- ❖ Shoes should be broad enough at the toes, so that there is no pressure.
- ❖ The higher the heel the more pressure there will be on the ball of your foot.
- ❖ For everyday use a fastening of some sort is necessary. This will act like the seat belt in a car and prevent too much movement of the foot in the shoe.
- ❖ A thick rubber sole is recommended in most cases. This acts as a shock absorber and protects the soles.
- ❖ Watch out for seams or stitching - these can lead to painful areas on the toes.

### Common Questions

#### Q. Are trainers bad for my feet?

- A. No provided they are the right size. These days trainers are designed very carefully to provide the best kind of support for the foot.

#### Q. What sort of fastening do you recommend?

- A. Laces are best, but a strap or buckle or velcro fastening will also work. The important thing this is that they are fastened **after you put your foot in.**

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