

Foot Care Education

Because foot health can be an indicator for other health problems, it is important to take care of your feet each day.



Check your feet daily

Look for blisters, cuts and scratches. Use a long-handled mirror or place a mirror on the floor to see the bottom of your feet. Always check between your toes.



Keep your feet clean

Wash daily and dry carefully – especially between the toes.



Moisturize your feet

Apply a moisturizer as recommended by your physician, but never apply between toes as that can lead to a fungal infection.



Do not walk barefoot

That includes on sandy beaches and pool/patio areas.



Wear properly fitted shoes

Shoes should be comfortable when purchased. Do not wear narrow, pointed toe or high-heeled shoes.



Inspect the inside of your shoes daily

Check for sharp objects, tears or rough areas on the inside of the shoe.



Do not wear shoes without socks or stockings

Wear clean, properly fitted socks. Moisture-wicking or diabetic socks are recommended.



Trim your toenails regularly

Always cut your nails straight across.



Avoid temperature extremes

Test water temperature with your hand or elbow prior to bathing. Do not soak your feet in hot water or apply a hot water bottle. If your feet feel cold at night, wear socks.



Do not use over-the-counter remedies for corns

See a podiatrist to have these evaluated.



Avoid crossing your legs

This causes pressure on the nerves and blood vessels, resulting in less blood flow to your feet.