

Foot Care Tips

- 1) Wash feet daily. Warm – NOT HOT water. Don't soak feet more than 15 minutes. Recommended soap – DOVE (prefer body wash) Other soaps – Cetaphil, Basic, Shea Butter
Avoid drying soaps such as dial, zest, Irish spring, ivory
- 2) Moisturize skin – Do NOT put lotion between toes. Dry skin can be removed using a pumice stone or nail file after bathing. For extremely dry feet and heels, use Vaseline at night and wear socks to sleep. CeraVe Ointment is great for extremely dry skin. CeraVe lotion or moisturizer is also very good, not as thick as the ointment
- 3) For Corns or callouses – Do not buy medicated corn pads or use liquid corn and callous remover. These can be dangerous and burn your skin. After bathing gently file with a nail file or pumice stone. Keep callous moist with lotions or oils. Callouses are caused rubbing. Make sure your shoes fit.
- 4) For thick yellow toenails, keep feet clean and dry and wear clean socks. You can try applying vicks vapor rub at night and wipe off in the morning. These toenails often need help from a professional.
- 5) Trim toenails straight across with clippers and use a file to remove sharp edges. Be Careful – Clippers are sharp!
- 6) When buying new shoes, shop at the end of the day. Take your socks you plan to wear with the shoes and always try on both shoes. Make sure shoes feel good when you walk.
- 7) Avoid going barefoot. Always wear socks with shoes.
- 8) Diabetics should not soak feet. Feet should be checked daily for cuts or sores.
- 9) Move your toes and exercise your feet often to keep flexible.
- 10) Take care of your feet. If your feet hurt, you don't want to walk and that impacts your heart and lungs. Healthy feet are important for a healthy body!!

Happy Feet and Toes Make a Happy You!!



Bringing Smiles One Toe at a Time

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