



Suffolk Podiatry Basic Footcare

Follow a daily routine to keep your feet healthy

- 1) Wash your feet daily. Avoid soaking them for too long as you may dry out the natural oils in your skin. You should then dry them carefully, especially in between the toes. Surgical spirit can be used to dry between toes if your feet are sweaty.
- 2) Check the skin for anything abnormal including dry skin, cracks, corns or callus.
- 3) Callus and corns are common and often develop to protect our feet. A pumice stone or file can be used regularly to reduce callus/corns. Make sure to wash files after every use, unless they are disposable.
- 4) Apply a moisturiser to keep the skin supple and in good condition. Avoid applying between the toes.
- 5) Check the nails; if they need trimming you should:
 - Use nail clippers to cut the nails following the shape of the toe. Small nips, starting at one side of the nail may be easiest.
 - Avoid cutting down the sides of the nail as this may lead to an ingrowing toenail.
 - After cutting your toenails, you should smooth off any sharp edges with a file or emery board.
 - If you are unable to cut your nails, you could try filing them once a week to keep them short, or ask a family member or friend to cut them. Alternatively, you can seek the help of a private podiatrist. We recommend that any podiatrist you see is registered with the HCPC. You can check their membership details by going to: <https://www.hcpc-uk.org/>
- 6) Exercise is a good way of keeping your feet and joints mobile and improving circulation.
- 7) If you have diabetes or circulation problems you must take extra care of your feet; make sure to check them daily and if you notice any changes in the way your feet look, contact a podiatrist or your GP practice.
- 8) Wear socks and change them daily.
- 9) You should also make sure your footwear fits well. For more information see our Footwear Advice on the Suffolk GP Federation website: <https://suffolkfed.org.uk/healthcare-services/podiatry/>



Suffolk Podiatry
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