

Foot care guide

Apply moisturising cream daily

- We recommend aqueous cream which is available from your pharmacist
- Do not apply cream between your toes
- Apply cream to the top and bottom of both feet, especially round your heels
- Do not apply too much cream, as it will not soak in and ensure you do not walk straight afterwards as your feet will be slippery and you may fall.

Apply surgical spirit

- Surgical spirit can be bought from any pharmacist
- Soak some cotton wool or cotton buds with surgical spirit and then wipe between your toes every other day.

Cutting your nails

It is important to cut your toenails in the correct way. This is particularly important for people with diabetes as they need to take special care of their feet.

The correct way

Cut your nails when you are sitting somewhere with plenty of light. Cut your toenails straight across using a pair of nail scissors. Use a metal nail file to smooth the edges and “round off” any sharp corners. Cut your nails regularly and remember:

- **Never** cut down the sides of your nail as this can leave a spike which will “grow in”
- **Do not** pick or tear off pieces of nail as this may cause infection
- **Do not** cut your nails too short as they may become sore
- **Do not** cut a “V” shape in the nail to prevent in-growing.

If there are any signs of infection such as pus, redness, swelling, pain or heat around the nail edge you should ask your practice nurse or GP to look at it as soon as possible.

Nail care

- Cut your toenails using a pair of nail scissors
- Cut across following the shape of the top of your toe
- Use a metal nail file to smooth the edges and “round off” any sharp corners
- If you find it difficult to cut your nails, file little and often instead of cutting
- File in one direction away from you and over the top of the toe as shown in the picture



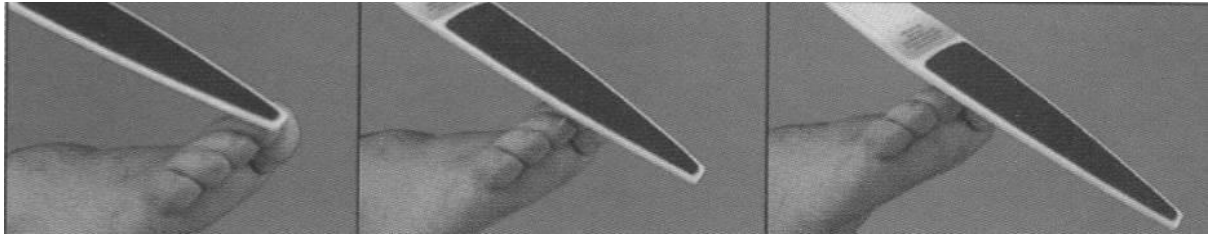
outstanding care
listening and leading
working together

Podiatry service

Advice for patients

Operational manager/Jun22/reviewJun25v2

www.somersetft.nhs.uk



Carefully file hard skin regularly

- If you have hard skin, you can reduce this by gently filing the area once a week
- Only file when the skin is dry
- File little and often.



outstanding care
listening and leading
working together

Podiatry service

Advice for patients

Operational manager/Jun22/reviewJun25v2

www.somersetft.nhs.uk