

Individual advice

Contact numbers

# General foot care advice

Podiatry Service



## Skin care

- Wash your feet daily with mild soap and warm water
- Gently dry your feet especially between the toes
- If your skin is dry, apply a moisturising cream. Do not put cream in between your toes
- A pumice stone or foot file may be helpful for gentle filing of areas of hard skin
- 'Over the counter' corn and callous preparations commonly contain an acid and are not recommended.

## Nail care

To prevent nail problems arising, toenails should be kept trimmed and neat at least once a week.

- Cut /file your toenails after a bath, as the nails are softer and easier to manage
- Cut /file your nails straight across or with the shape of the end of the toe
- Do not cut down the sides of your nails or cut them too short
- A relative, friend or carer may be willing to help you manage your nail care.

## Footwear

A common cause of foot problems is inappropriate or poorly fitting footwear.

When choosing footwear consider:

- Shoes should fit correctly, providing adequate support, be held securely by laces, velcro or a buckle
- Ideally shoes should have a rounded and deep toe-box with a low wide heel, and well fitting heel cup
- Avoid pressure from seams.

## First Aid advice

- Cuts or breaks in the skin should be gently cleansed with warm salted water and covered with a sterile plaster
- If minor foot injuries do not respond to home treatment within a few days or if you have developed signs of an infection in your foot such as:
  - pain/ throbbing
  - increased redness
  - inflammation
  - swelling
  - pus

Then please seek a referral from your GP or self referral via Belfast call management.

North and West Belfast Area

028 9063 5300

South and East Belfast Area

028 9056 5565