

Podiatry Service

Taking Care of Your Feet

Patient Information Leaflet



Daily foot care routine

Proper foot care is essential to maintain healthy, painless feet, and should be as much a part of your daily routine as brushing your teeth. It's never too early, or too late, to start caring for your feet, and there is a lot you can do for yourself.

Follow these tips for good foot health

As your feet get older, the skin tends to dry out more and that makes it flake. Daily washing helps to remove these flakes.

Don't soak feet in water for too long as this may destroy the natural oils.

Dry skin thoroughly, especially between the toes.

Cutting / filing your nails

Cutting and filing your toenails is part of your own grooming and self-care.

Bring your foot up to you rather than bending down. Placing your foot on a stool will prevent you from unbalancing.

Cut toenails following a bath, when they are softer and easier to manage.

Use suitable nail clippers or scissors to cut the nail straight across, and then use a nail file to shape the nail and smooth the rough edges. If your nails are thick, then thin them out by filing the top of the nail.

You can cut or file one or two nails each day, rather than trying to cut them all at once.

If you are unable to cut your toenails, then use a large file or emery board to file them instead. This will prevent them from getting too long and difficult to manage. If you cannot reach your nails to cut or file them, ask a partner, friend or carer to help you.

Corns and Callouses

If you have diabetes and/or problems with your circulation consult your Podiatrist before following this advice.

Hard skin that forms over bony prominences is called ‘**callous**’. This can easily be kept down by regular gentle rubbing with a mild abrasive stone, such as a pumice or a special file. These are available from all chemist and beauty shops.

Corns are hard lumps of skin that form over joints that may be very painful, ill-fitting shoes often cause these. They are best avoided in the first place, by wearing correctly fitting shoes. If you do get corns, reduce them with a pumice stone or file, rub in moisturising cream and cover with a simple dressing. This should help soften the corn. **NEVER** use corn plasters that contain acid as these can burn your skin.

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If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times.

So if you are unable to attend, or no longer require your hospital appointment, please let us know so we can offer it to someone else.

SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

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