



## DAILY FOOT CARE

### Cleaning Your Feet:

- Check the water temperature with your hand or elbow to make sure the bath water is a safe temperature. A safe temperature is below 110 degrees F (42-43 degrees Celcius).
- Wash your feet with warm (NOT HOT), soapy water.
- Avoid soaking your feet. Soaking your feet for prolonged periods of time can actually dry the skin.
- While you are washing, do a thorough inspection of your feet.
- Rinse with warm (NOT HOT), clean water.
- Dry your feet carefully, especially between your toes.
- Apply fragrance free and alcohol free moisturizing lotion immediately after cleaning your feet, but DO NOT put lotion between your toes. Keeping the area between the toes too moist may cause skin breakdown.



### Toenail Care:

Toenails need care on a regular basis because long or thick nails can press on neighboring toes and cause open sores. It is best to consult a footcare specialist before attempting to cut your own toenails. If you or a family member cuts your toenails, please follow the tips below.

### Nail Trimming Tips:

- Trim toenails straight across.
- DO NOT cut into the corners of the nail/toe. This can cause an ingrown toenail.
- Use a nail file or Emory board to gently round the edges of the nail.
- NEVER use knives, scissors or razor blades to trim your toenails.



Improperly cut nail is too short and into the corners of the nail.

Properly cut nail is straight across and avoids the corners of the nail.



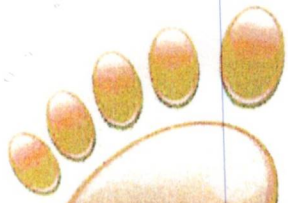
Thick nails can cause pressure on the nail bed



Long nails can damage surrounding skin



Use the proper tools to trim your nails



## DAILY SELF-INSPECTION

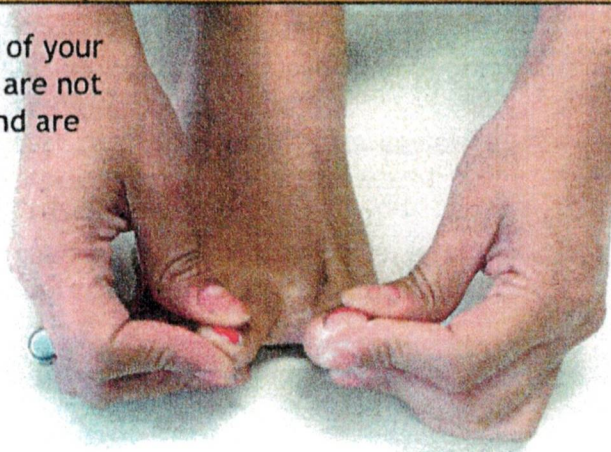
The single most important thing you can do to protect your feet is daily self-inspection. Finding problems early and getting help when the problem is small can prevent permanent damage and deformity to your feet. Contact your footcare specialist immediately if you see a problem on your foot, no matter how small it may seem.

### When to Inspect:

- Before you put on your socks and shoes
- After you take off your socks and shoes
- After you take a bath or shower
- At regular intervals throughout the day

### Inspection Tips:

- Check between all of your toes. These areas are not generally visible and are often overlooked.



- If you cannot see the bottom of your foot, use a mirror or ask for help from family members or friends.



### What to Look For:

- Blisters, cuts or scratches can lead to infection if ignored.
- Color changes (blue, bright red or white spots): Color changes can be a sign that the skin is damaged.
- Areas of excessive dryness can crack and allow bacteria to enter the skin.
- Callus or corns are signs of excessive pressure and need to be addressed immediately.
- Swelling can be a sign of injury to the soft tissue or bone and should be brought to the attention of your footcare specialist immediately.

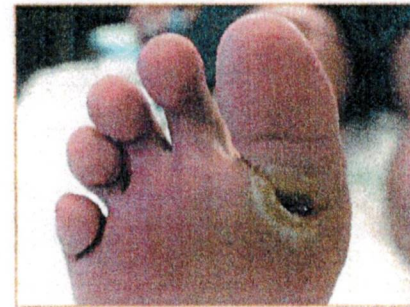


Fig. 1 Heavy callus becomes dry and cracked and can cause an ulcer.



Fig. 2 Untrimmed callus acts like a rock in your shoe. It can cause damage to the underlying tissue or even an open sore as you walk.

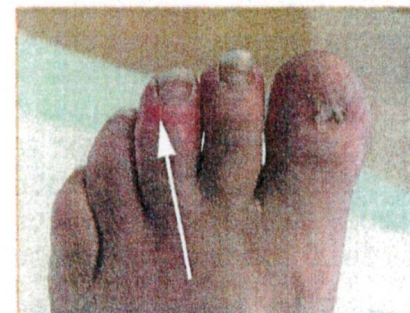


Fig. 3 Look for any areas of discoloration.



Fig. 4 Cracking of the callus allows bacteria to enter the skin and can cause infection.