

## Looking after your feet

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01392 402093 or at [rduh.pals-eastern@nhs.net](mailto:rduh.pals-eastern@nhs.net) (for Mid Devon, East Devon and Exeter services) or on 01271 314090 or at [rduh.pals-northern@nhs.net](mailto:rduh.pals-northern@nhs.net) (for North Devon services).

This leaflet provides comprehensive information on how to provide basic routine foot care, how to prevent foot problems occurring and who to contact if you have foot concerns.

The safest way to care for your nails is to file them regularly with an emery board, smoothing off any sharp edges.

If the nails need to be cut, sit in a comfortable position, well balanced and in good light. It is much easier if a carer, partner or relative can cut them for you.

Use a pair of nail clippers (scissors can be dangerous as they slip easily). Cut each nail straight across so that the nail is level with the end of the toe and no shorter. Finish off by filing the nails smooth.

Avoid cutting down the sides of the nail as this can often leave hidden spikes of nail. These can become painful and infected and result in ingrowing toenails.

You should wash your feet every day in warm soapy water and dry thoroughly especially between the toes.

If the skin between the toes is very damp, you can use a cotton bud to dab the area with surgical spirit.

If you have hard skin on your feet, this can be reduced by gently filing the area with an emery board and then applying moisturising cream.

If your skin is dry, apply a moisturising cream to the tops and soles of your feet, but not between the toes.





Please contact your GP, healthcare provider or podiatrist if you have the following concerns with your foot:

lease contact

## Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.