



TAKING CARE OF YOUR FEET

If you have corns or calluses, ask your healthcare provider to trim them for you.

Wear comfortable shoes and socks that fit well and protect your feet.

Check the insides of your shoes each time you put them on to be sure the lining is smooth. Shake them out to remove any loose objects.

Please print and share with your patients.



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● Check Your Feet Every Day

- Look for cuts, bruises, or swelling.
- See your healthcare provider right away if there are any changes or you hurt your feet.

● Wash Your Feet Every Day

- Use warm water and a mild soap. Avoid soaking, since it can dry out the skin and lead to cracks.
- Dry them carefully, especially between the toes.

● Keep Your Skin Soft and Smooth

- Rub a thin coat of skin lotion (lotion, cream, or petroleum jelly) over the tops and bottoms of your feet, but not between your toes.

● Trim Your Toenails When Needed

- Trim (and file) your toenails straight across.
- Ask for help trimming your toenails if you have trouble reaching them or cannot see well enough to do it safely.

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