

BASIC FOOTCARE

- ◆ Whilst bathing gently rub hard skin with a pumice stone or foot file.
- ◆ Rub moisturising cream into your feet daily avoiding the area between toes.

SOFT CORNS BETWEEN THE TOES

These are often caused by toes being cramped in tight fitting footwear. Even broad fitting shoes can have a narrow and shallow toe box. Make sure there is sufficient room to accommodate your feet.

If the area between your toes is moist remember to dry thoroughly after bathing and to apply an astringent such as surgical spirit.

Please do not hesitate to contact your nearest podiatry clinic should you have any queries.

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Further patient information leaflets are available online on our website www.nhsfife.org/

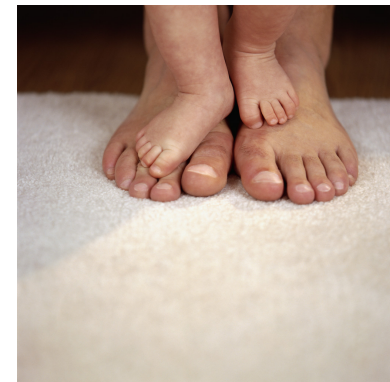
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Issued	January 2002
Revised	Sept 2017
Next Review	Sept 2019
Images	Microsoft

PODIATRY DEPARTMENT



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BASIC FOOTCARE ADVICE

NAILS

Toenails only grow about 1 cm every 6 months and should not need to be cut very often.

Using clean nail nippers make two or three small movements, cutting carefully across your nail.

It may be easier to cut nails after a bath.

Be careful not to cut too short or down the sides of the nail.

If you have difficulty cutting your nails it may be easier to file them regularly using an emery board.

INGROWING NAILS

It is important to avoid cutting the nail too short and never to cut down the sides.

Any sharp edges should be filed.

Dry skin trapped under the edge of the nail can be removed using a nailbrush whilst washing your feet.

Once dried, rub moisturising cream around the nail area, avoiding area between the toes.

THICKENED NAILS

Carefully file both the length and thickness of the nail on a regular basis.

FUNGAL NAILS

Although unsightly, these tend not to cause discomfort. If they become thickened they should be filed regularly.

FOOTWEAR

Painful nails are most often caused by pressure from footwear.

If the pressure is removed the pain will disappear.

Ensure that your footwear has sufficient length and that the toe box has sufficient depth to allow you to wiggle your toes.

WHAT CAUSES CORNS AND CALLOUS?

- ◆ Excessive pressure or friction.
- ◆ Poorly fitting footwear.
- ◆ Being overweight.
- ◆ Lifestyle.

HOW TO PREVENT PROBLEMS

Make sure your footwear has adequate length, width and depth.

Avoid slip-on and court style shoes. These cause the foot to slip forward in the shoe resulting in cramping and friction.

Avoid high heel shoes. The higher the heel the more pressure is placed on the ball of the foot.

A narrow heel cup in your shoe will pinch your skin and may cause painful cracks or callous formation.

Cut nails straight across – file any rough edges.