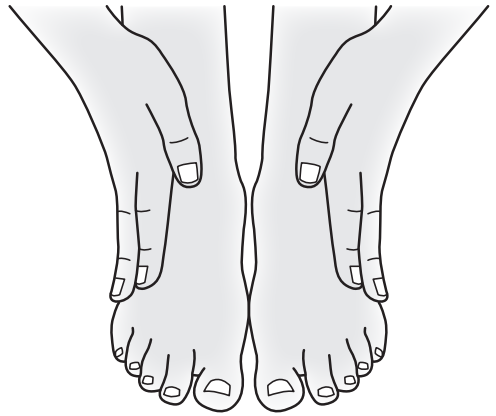


Top Ten Tips for Good Foot Care



Patient Approved documents have been reviewed and approved by the VCH Community Engagement Advisory Network – a team of dedicated patients and members of the public who support continuous improvement in healthcare

1. Check your feet daily

Look at your bare feet for red areas, blisters, cuts/cracks, swelling, rash or signs of infection such as increased redness, pain or heat. Use a mirror for hard to see areas.

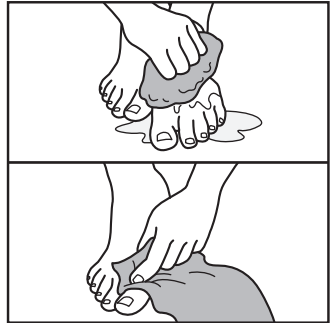


2. Wash your feet daily

Use warm water with mild non-perfumed soap.

Do Not soak feet more than 5 minutes.

Dry feet well, especially between the toes.



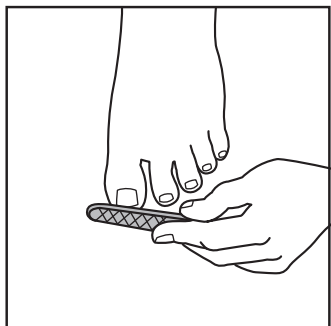
3. Keep your skin soft and supple

Apply a moisturizing lotion, but **Not** between the toes.



4. Trim your toe nails

If you can reach and see your toenails, trim them as needed, cutting **Straight Across**. Use an emery board and nail clippers. No scissors or sharp objects.



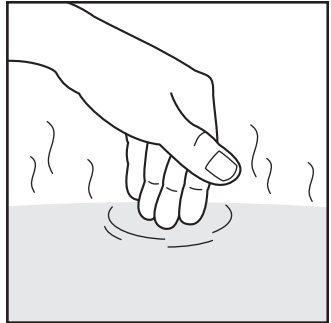
5. No bathroom surgery!

See a medical professional for calluses, thick, brittle nails or blisters. **Do Not Use** over the counter corn or callus products.



6. Protect your feet from hot and cold

Always check water temperature with your hand before putting your feet in. **Do Not Use** hot water bottles, electric blankets, space heaters or heating pads to your legs or feet as these **May Cause Burns**.



7. Quit Smoking

Smoking reduces blood flow, particularly to the feet. Ask your health care provider for information about smoking cessation programs.



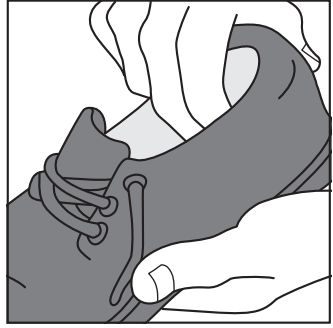
8. Activity – Do walk!

Being active increases blood flow, keeps weight down and helps control blood sugar.



9. Wear proper shoes and socks

Always wear shoes that **Fit Well** and offer **Good Protection**. Clean your shoes regularly of debris that could hurt.



10. Do not go barefoot

Wear breathable socks, not too tight, no holes, with no tight top bands.



Pay attention

Remember that early treatment is always the best way to avoid major problems. Pay close attention to your feet, shoes and body. See your health care provider as soon as possible if any changes/problems arise.

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