

## The Right Footwear

A variety of minor foot problems can be relieved or prevented by carefully selecting correctly fitted and situation appropriate shoes. When choosing the correct footwear consider the following:

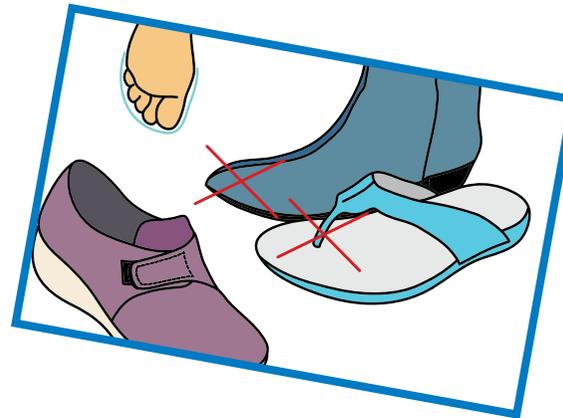
- **The correct size, depth and width**  
Your feet swell as the day goes on and if shoes fit in the afternoon when your feet are at their largest, you can be assured they'll always be comfortable.
- **Shoe fastening**  
Laces, Velcro and buckles all help to secure the shoe around the foot and should hold the heel in place while preventing the toes from sliding into the toe box of the shoe. There should still be enough room at the top to allow the toes to move freely.
- **Support**  
Increased ankle and foot support where needed and a wide low heel to provide a greater base of support.
- **Seams**  
Avoid pressure from seams on 'problem' areas such as bunions and corns.
- **Flip-flops**  
Avoid wearing flip-flops all the time. They don't support your feet and can give you arch and heel pain if you wear them too much.

## When should I seek advice?

If you experience any of the following:

- Severe pain/throbbing
- Redness
- Inflammation
- Swelling
- Any discharge
- Any colour change in your foot or leg.

Please urgently contact your GP, call 111 or visit your local A&E department.



If you would like to request this information in large print, easy read or in another language please email:

[ncccg.team.communications@nhs.net](mailto:ncccg.team.communications@nhs.net)



## Self care guide to footcare



## Caring for your nails

### Priority of high risk care

All patients have been screened using an assessment tool designed by podiatrists and clinicians for the region. This is done to ensure our specialist care is provided to high risk patients with a proven medical need. This means that many people who used to have simple nail care or corn and callus treatment carried out may now have been asked to do this themselves or with the help of a relative, friend or carer.

If you want to continue to receive non-NHS podiatry services, then we recommend you choose a Health and Care Professions Council registered Podiatrist within your area, as they will meet professional standards for education, training and practice.

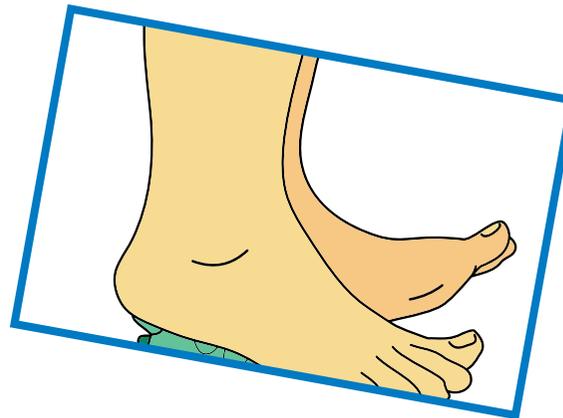
The College of Podiatry have provided helpful support to help you to find a local podiatrist, including local practices and podiatrists that can visit you at home

- **web:**  
<https://cop.org.uk/find-a-podiatrist>
- **Telephone: 0207 234 8620**

Private fees can vary therefore individual providers will advise you of their prices.

## Tips to manage nails

- File your nails at least once a week every week to ensure a comfortable length is maintained.
- A long handled foot file may provide further ease of use.
- With your leg slightly bent at the knee, ensure that you file away from yourself across the front edge of the nail.
- If your nails are thickened filing across the entire surface of the nail will help.
- Do one foot at a time by sitting with your heel on a stool or when sat on a bed.
- Ensure that any filing is done before bathing or washing your feet, this is when it is most effective.
- A relative, friend or carer may be best placed to help you if needed.



## Skin care

- **Wash your feet often**  
Keep your feet clean by washing them every day in warm soapy water, but don't soak them, as this might destroy your skin's natural oils.
- **Dry your feet well**  
Dry your feet thoroughly after washing them, especially between the toes, which is where fungal infections like athlete's foot can develop.
- **Moisturise and file**  
If your skin is dry, apply moisturising cream all over the foot, except for between the toes. If the skin is moist between the toes use a cotton bud to dab with surgical spirits.

Gently remove hard skin and calluses with a pumice stone or foot file. Don't overdo it or you could damage fresh skin underneath.

- **Corns and Calluses**  
Corns and callus are caused by pressure from footwear over prominent bones.

Gently filing and applying emollients regularly can help prevent this. Over-the-counter corn and callus preparations commonly contain an acid and are not recommended.