

# How Can I Keep My Feet Healthy?

---

## Do

### **Check your feet every day:**

- Check for breaks in the skin, blisters, bruises, infections, dry skin, and hard areas
- Look at the top and bottom of each foot and between the toes
- Look for changes in colour
- Feel for changes in temperature

Use a mirror to help you see and if you have trouble seeing, have a family member, friend or care helper look at your feet once a week.

### **Check your shoes before wearing**

- Check inside your shoes for sharp or hidden objects

### **Buy shoes late in the day when your feet are most swollen**

### **Check the temperature of bath water with your elbow or floating thermometer before you get in to make sure it will not burn your feet**

### **Cut your toe nails straight across to avoid ingrown toe nails and cuts to the skin**

- Do not cut nails too short

### **Use cream for dry skin on the top and bottom of your feet. Avoid cream between the toes**

### **Change your socks daily**

### **Wear clean, supportive shoes with heels less than 5 cm (2 inches) high**

### **Wear shoes or slippers to prevent injuries from sharp objects**

