

# TIPS FOR HEALTHY FEET

Healthy feet are happy feet!

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WOUND CARE

## LOOK

Inspect feet daily – top, bottom, and in between toes

- For any changes, such as pain, color (pale, red, blue), swelling, open sores, odor, dry skin



## CLEANSE

- Use a gentle cleanser
- DO NOT use HOT water or soak feet
- Pat feet dry. No rubbing



## MOISTURIZE

- Apply lotion to feet
- DO NOT apply between toes



## CORNS / CALLUSES

- DO NOT trim



## TOENAILS

- Trim toenails straight across after bathing
- DO NOT cut skin around your nails



## SOCKS/BARE FEET

- Avoid wearing wet socks
- DO NOT go barefoot



## SHOES

- Wear well-fitting shoes
- Buy new shoes in the afternoon to ensure proper fit



## PROTECT

- Keep feet warm and dry
- Ensure your shoe matches your physical activity



## CALL YOUR DOCTOR

- Call Immediately if ANY changes in your feet!
- During office visits, ask doctor to examine your feet!

