

## 10 Foot Care Tips

The College of Podiatry website is a good source of information about foot care and advice on maintaining healthy feet. You can access this information by visiting their website at [www.scpod.org](http://www.scpod.org) , emailing [reception@scpod.org](mailto:reception@scpod.org) , or calling on 020 7234 8620.

Here are their 10 tips to keep your feet in good condition and prevent problems. If you have any concerns about your foot health, in the first instance, we recommend that you seek advice from your GP or a pharmacist.

### 1. 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.

### 2. Dry your feet well

Dry your feet thoroughly after washing them, especially between the toes which is where fungal infections such as [athlete's foot](#) can develop.

### 3. Moisturise and file

If your skin is dry, apply moisturising cream all over the foot, except for between the toes. Gently remove hard skin and calluses with a pumice stone or foot file – but don't overdo it or skin will grow back harder than ever.

### 4. Cut toenails carefully

Trim your toenails regularly using proper nail clippers. Cut straight across, never at an angle or down the edges. This can cause [ingrown toenails](#).

### 5. Shoe shop in the afternoon

Shop for shoes in the afternoon. 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 will always be comfortable.

### 6. Footwear tips for work

If you wear heels at work, wear comfortable shoes to and from the office and only wear your smart shoes once you're in the office. Also, try to vary the heel height, between low, medium and high.

### 7. Be shoe savvy

Wear high heels and pointed shoes for special occasions only, and always wear the right shoes for the job.

### 8. Change your socks often to avoid foot odour

Change your socks daily to keep your feet fresh. Read advice from the Institute of Chiropodists and Podiatrists on [buying socks](#).

### 9. Watch out for foot bugs in communal changing areas

Wear flip-flops to avoid catching [athlete's foot](#) and [verrucae](#) when you use public areas such as gym showers, swimming pools or hotel bathrooms.

### 10. Take care with flip flops

You can't wear flip-flops all the time. They don't provide support for your feet and can give you arch and [heel pain](#) if you wear them too much.

