

Good foot care practices



Monitor feet every day

• Watch out for:

- ↳ Blister, wound, corn, and callus
- ↳ Redness, swelling, bruise, or increased warmth
- ↳ Toenail anomaly or change in foot shape

Maintain good foot care and hygiene

- Clean feet daily with mild soap and water
- Dry thoroughly between each toe
- Use a pumice stone or foot file to gently remove hard skin
- Avoid cutting nails too short; cut them straight across and file corners

Moisturise hard skin areas regularly

- Avoid using harsh soap
- Apply moisturiser daily but not between each toe
- Avoid scratching skin as it may lead to wound or bleeding