

## TAKING CARE OF YOUR FEET

- **When you can, wear shoes that fit correctly.** Lace them up all the way to ensure they're not putting pressure on certain parts of your foot, and that they're not too long or too wide.
- **Wear the right socks!** Socks shouldn't be baggy or too tight. Go for synthetic socks because cotton ones will shrink fast and don't manage moisture well.
- **Keep your feet clean.** Wash your feet as often as you can to help prevent athlete's foot (a fungus) — from forming and spreading. Use an antifungal cream on the soles of your feet and toenails.
- **Keep your feet as dry as possible.** Change your socks at least once a day, air-dry your feet and apply foot powder or antiperspirant to your feet when you get the chance.



## FOOT CARE

PUT YOUR BEST FOOT FORWARD



## CONTACT US

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# THE DOS & DON'TS OF FOOT CARE

1. Keep the blood flowing to your feet. Wiggle your toes and move your ankles for 5 minutes, 2-3 times per day.
2. Shake out your shoes and feel for object inside before wearing. You may not feel a small foreign object when your shoe is on your foot.
3. Try foot adhesive products. Before you put your socks on, layer on products like athletic tape, pressure pads, or blister bandages over sensitive areas.
4. Wear socks to bed. If your feet get cold at night, wear socks. Never use heating pads or a hot water bottle.
1. Don't wear tight socks! Avoid elastic or thick, bulky socks. Wear socks that fit.
2. When possible, don't let your feet get wet in the snow or rain. Wear warm socks and waterproof shoes.
3. Don't walk barefoot! Even if you are inside. You can easily get a scratch or cut. This is the leading cause of foot infections!
4. Don't try to remove corns or calluses from your feet. Also don't avoid seeking treatment on sores or fungus. Visit your doctor when you are able.

*Citation: American College of Foot and Ankle Surgeons*

Thanks to our partners at:



## TIPS FOR SORE FEET

### Swollen Feet

- Ice your feet for up to 15 minutes at a time.
- Elevate your feet. Let them rest

### Toe and Toenail Care

- Cut your toenails short and straight (but not *too* short!)
- Moisturize your feet but not between your toes. This can trap moisture & cause fungus.

### Sores & Fungus

- Inspect your feet daily. Check for cuts, blisters, redness, swelling or nail problems. Seek medical care when possible.