

Foot wear advice

Footwear

Choose footwear that has:

- A secure Lace or Velcro fastening.
- That has a small heel, no bigger than an inch.
- That is the correct shoe size, thumbs width between longest toe and end of the shoe.
- That has a round toe box that's wide and deep enough to accommodate your toes, this is especially important when your feet/ toes are misshapen and therefore take up more room in your footwear.

Always check inside your footwear for any hidden seams which may rub/irritate the skin leading to redness, hard skin and possibly ulcerations!



To assist financially with personal footcare, you can apply for ATTENDANCE ALLOWANCE. <https://www.gov.uk/attendance-allowance>
Contact your local Citizens Advice for help with the form and see if you qualify for any other benefits.

General foot care

- Wash you feet daily using mild soap.



- Dry feet thoroughly paying special attention to the areas between the toes.
- If the skin between the toes is damp and inflamed, use surgical spirit or witch hazel on a cotton bud to wipe between the toes.
- Use a simple moisturiser cream on any dry areas of skin but never between the toes, even if they look dry.
- When cutting nails, cut straight across– do not cut too short. If you cannot cut your nails, file them regularly.
- Round sharp corners and smooth down edges with a file or emery board.

Personal foot care kit

These are some of the items that you may like to include in your personal foot care kit.

Nail nippers



Emery boards



Foot file



All these items can be purchased on locally or on-line and you may wish to keep them together in a plastic box or plastic zip bag.



Podiatry Service

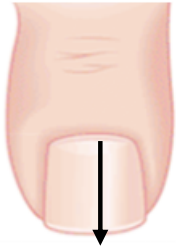
Self help foot care leaflet



Podiatry contact number
01896 827427

Podiatryadmin@borders.scot.nhs.uk

The length of toe nails can be managed using an emery board to file your nails weekly, this can stunt nail growth and keep them manageable. Gently file each nail in a downwards motion away from your body once a week. Ask someone to help if necessary.



File in a downwards motion

Always avoid the nail too short down the sides as this can lead to an in growing toe nail. Keep the length of your nail as long as the pulp (end) of the toe and the nail straight.



Issues NHS Borders podiatry could provide treatment for:

<https://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/allied-health-professionals/podiatry/quick-reference-guide-to-common-foot-and-ankle-conditions/>

Foot ulcerations.

Infected ingrowing toenails

• Muscles, tendons and joints (commonly called musculoskeletal issues (MSK for short).

• Circulation and vascular assessments

Advice for high risk patients with previous ulcerations or amputations.

Surgical removal of ingrowing toenails.

Local anaesthetics
painful walking and running

Foot pain

Issues which can be managed by self care.

<https://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/allied-health-professionals/podiatry/>

• Toenail cutting.

• Fungal skin and nails

• Thickened toenails.

• Verrucae

• Regular corn and callous reduction.

• Skin conditions like athlete's foot.



If you have a hot, red, swollen or painful foot with blood, pus or other discharge from an open wound, or nail,

Please contact the department as soon as possible.

01896 827427

Monday to Friday 09:00-17:00.

Please call 111 out of hours



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