



Toenail Trimmers, LLC

Routine Foot Care Tips

Check Your Feet Every Day

- Look at your bare feet EVERY DAY for cuts, blisters, red areas, and swelling.
- Inspect areas that are uncomfortable or are painful when walking
- Use a mirror to check the bottoms of your feet or ask a family member to help

When Bathing...

- Be sure to clean between toes with wash cloth
- Warm water, rather than hot, is recommended for a bath or shower
- Dry your feet well – Be sure to dry between your toes, if needed, use a hair dryer on low or cool setting

Keep Skin Soft and Moisturized

- Rub a thin coat of lotion over the tops and bottoms of your feet, NOT between your toes
- Avoid those with scent or fragrance – fragrance can increase your risk for infection
- Recommended brands(or generic comparable): Eucerin, Lubriderm, CeraVe, Aquaphor/Vaseline

Smooth Corns and Calluses Gently

- When your feet are WET, use a Pumice stone to buff corns/calluses
- When feet are DRY, use an emery board for the same purpose
- Do not use sharp objects or corn remover pads on corns and calluses

Trim Nails Regularly

- How often nails need trimming is very individual – it is based on comfort and whether nails are pressing on skin
- Typically nails are trimmed every 2-3 months
- Trim your nails straight across

Wear Footwear At All Times

- Never walk barefoot – Socks are not enough – Unprotected feet can easily be injured
- Footwear should have a firm, non-slip sole
- Wear comfortable shoes that fit well and protect your feet
- Feel inside your shoes before each wear – Ensure the lining is smooth and there are no objects inside

Protect Your Feet from Hot and Cold

- Wear shoes at the beach AND on hot pavement
- Wear socks in bed, if your feet get cold at night
- Do not test bath water with your feet
- Do not use hot water bottles or heating pads on your feet

Encourage Blood Flow to your Feet

- Elevate your feet when sitting
- Do ankle pumps and circles for 10 to 20 repetitions every hour when sitting
- Avoid crossing legs for long periods
- Walking is good for circulation