

A Guide for Patients and Families

General Foot Care



Foot hygiene and general skin care



Wash feet daily with mild soap and water



Dry feet properly with a clean towel, especially between the toes



Apply moisturiser daily to all areas* of your feet to prevent feet from dryness and cracked skin

** Except toenails, web spaces and wounds*

Check Your Feet Daily

- between your toes, around the heel, and the sole. Look for any cuts, swelling, redness, blisters, or discharge of pus.

Ask someone to help, or use a mirror, if you have difficulty checking your sole.



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Tap or scan QR code to watch “Caring for the Feet in Diabetes”



Simple Callus/Corn Care



- ◆ Thick hard skin on the feet
- ◆ Formed when something rubs or presses on the skin over time
- ◆ Calluses look like thick rough, sometimes bumpy skin
- ◆ Calluses can cause wound when left neglected

What is Callus/Corn?

 **WATCH VIDEO**

Tap or scan QR code
to watch “Callus Filing”



Callus Care Treatment



Carefully file calluses with a foot file or pumice stone, no more than 2 to 5 mins each side until skin is nice and soft





Apply moisturiser at least twice daily



Wear shoes and socks that fit properly



Choose shoes with wide and deep toe box



DO NOT USE topical acid preparations or corn plasters



DO NOT USE anything sharp to cut out the thickened skin

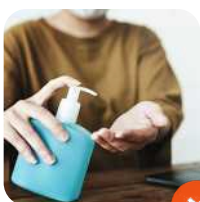
Dry Skin, Fissure



Dry Skin Care Treatment



Twice daily moisturizer application except toenails, web spaces and on wounds



DO NOT USE products containing alcohol as they will further dry the skin



AVOID saunas and steam baths which may contribute to the dry foot condition

Nail Care



WATCH VIDEO

Tap or scan to watch
"Nail Filing"



Nail Care Treatment



Cut your toenails straight across and not too short. Do not cut into the corners

The corner of the nail should be visible above the skin



Use a nail file to smooth any sharp corners or uneven edges - File toenails regularly



Wear a shoe that is comfortable, well-fitting and holds your foot firmly in place to give adequate support and to avoid ingrown toenails



It is important to recognise and seek specialist help (podiatrist) for ingrown toenail for treatment such as removal of nail spicule (splinter), total or partial nail removal under local anaesthesia.



Seek medical treatment immediately
If there is pain, redness and swelling around your ingrown toenail.

Cleansing Wounds on Your Feet

Basic Wound Care Treatment



If you have a wound, clean using normal saline, dap and dry the area carefully with sterile guaze/cotton

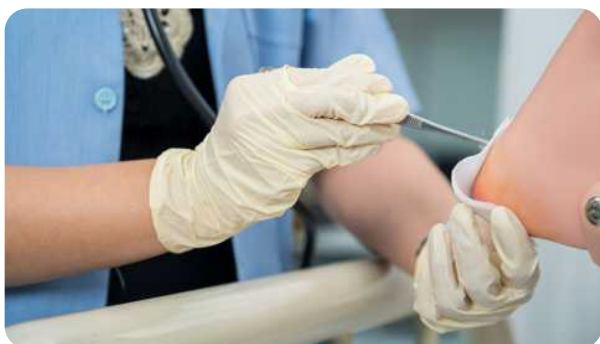
** Check availability at your local retail pharmacy*



Use an appropriate antiseptic (such as iodine solution) and cover with a clean, dry dressing



Monitor the wound daily. Seek immediate medical attention within 24 hours if worsening



Fungal Skin Care/ Fungal Nail Infection



Fungal Skin Care Treatment

- ◆ Ensure you change your socks daily
- ◆ Wear socks made from natural products such as bamboo or cotton
- ◆ Dry your footwear regularly
- ◆ Thoroughly dry between your toes if they become wet
- ◆ Use off-the-counter antifungal cream on the affected areas of the skin/antifungal powder if in between the toes or as instructed by doctor, nurse or podiatrist
- ◆ If your feet perspire too much, consider anti-perspirants (Aluminium Chlorohydrate)
- ◆ Consider washing your socks, bath mats and towels at temperatures of at least 60 degrees celsius



- ◆ Wear breathable footwear made from natural products such as leather
- ◆ Rotate between footwear if possible
- ◆ Throw away old worn out shoes



- ◆ Avoid constant use of nail polish or manicured acrylic gel products as these reduce breathability of the nail
- ◆ Severe fungal infection of skin and/or toenails may require doctors to prescribe oral medication with monitoring of the liver function
- ◆ Always trim your nails straight across and not too short

Things to avoid



Do not use anything sharp on the feet



Do not use chemical agents on your feet



Do not soak feet in water

* Do not soak feet as you may increase your risk of skin tears and fungal infections.



Do not walk on hot surfaces barefooted
e.g. balcony, hot surfaces or swimming pool perimeter



Avoid massage machines, foot massages, reflexology, and acupuncture



Avoid walking barefoot - use comfortable footwear indoors and outdoors

Footwear



Always wear your shoes. Never go barefooted, even when at home. Shoes should be comfortable and fit well



Check the inside of shoes for stones, sharp objects, debris before wearing



Wear a pair of cotton socks or stockings with your shoes at all times



Socks and stockings should not be too tight



Do not wear
open-toe slippers
or massage slippers.

We encourage you
to wear covered
footwear to minimize
chances of foot injury

Basic Foot Care

Goal	Improvement/ Action	
Daily feet check- visual inspection	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Twice daily emollient application except toenails, web spaces and wound areas	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Cut toenails straight and not too short	<input type="checkbox"/> Yes	<input type="checkbox"/> No
File toenails straight across and the corners	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Wound Care

Goal	Improvement/ Action	
Start basic wound care if wound is present	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Monitor for signs and symptoms of infection of wound	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Change dressing at recommended interval	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Change dressing when soaked	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Use dressing as recommended	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Take photographs of own wound during dressing change to monitor progress	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Keep foot wound dry during shower	<input type="checkbox"/> Yes	<input type="checkbox"/> No

When To Seek Help

Goal	Improvement/ Action	
When to seek help when foot wound develops	<input type="checkbox"/> Yes	<input type="checkbox"/> No
When to seek help when foot wound deteriorates	<input type="checkbox"/> Yes	<input type="checkbox"/> No



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