



1 Wash your feet daily with soap and water



2 Dry your feet thoroughly including in between your toes



3 Apply moisturiser daily but do not apply between your toes



4 Check your feet for any wounds or cuts

8 STEPS to HEALTHY & HAPPY FEET



5 Put a simple dressing if you have any wound



6 Trim and file your toenails regularly



7 File your calluses regularly



8 Wear footwear with good support



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DEPARTMENT OF PODIATRY

PECC-POD-ED-2022-1497-v1