

Keeping Your Feet Healthy

- Before putting your shoes on, check inside each shoe to make sure there are no objects, such as a small rock.
- Wear socks to help prevent getting blisters and sores.

Protect your feet from hot and cold.

- Keep your feet away from heaters, open fires, and heating pads. You may burn your feet and not know it.
- Wear socks at night if your feet get cold.

Wash your feet often.

- Avoid using water that is too hot.
- Dry your feet well, including between your toes.

Put lotion on your feet daily.

- Apply lotion on the tops and bottoms of your feet, but not between your toes.
- Moisture between the toes can make the skin soften and break down, which can lead to infection.

Trim your toenails or ask for help.

- Trim your toenails straight across using toenail clippers.
- Do not use knives or sharp tools to cut the skin close to your toenails, or anywhere else on your feet.
- Ask for help trimming your toenails from a family member or health care team if you:
 - Cannot see well.
 - Have poor feeling in your feet.
 - Cannot reach your feet.
 - Have thick toenails.

Report foot problems early.

It is important to get foot problems checked and treated right away. Ask your health care provider about treatment options. They may refer you to a foot or wound care specialist, if needed.



Partner with your health care team.

*Mary Schwiderson, RN
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I will take these steps to take care of my feet:
