

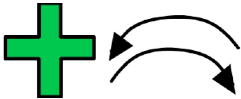


Foot health advice

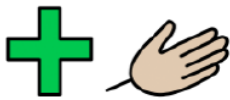
**LEGS
MATTER!**



Why do I need to check my feet every day?



Your foot health can change slowly or quickly



It is important to spot problems and get help quickly if you need it



What should I be checking?



Check your toenails. Are they thick, crumbly or causing you pain?



Check your skin



Check for wounds or blisters



Check for painful areas. Is there redness, heat or swelling?



Check that your socks are not too tight



Check that your shoes have not rubbed your foot



How can I keep my nails in good condition?

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Cut or file your toenails regularly



Do not cut down the sides of your toenails



Ask for advice from a Podiatrist (someone who looks after feet) if your toenails are thick or changing colour



Ask for advice from a Podiatrist if your toenails are painful



How can I keep my skin healthy?



Wash your feet regularly
Wash them gently



Use a moisturiser daily



If you have a wound,
get urgent advice from a
Podiatrist or your doctor





What if I notice red, hot or swollen areas?

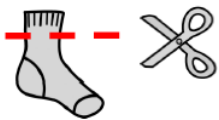
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Get urgent medical advice straight away



What if my socks are too tight or my shoes are rubbing?



Cut the top of the sock



Use a short or extra wide sock



Check inside your shoe. Are there any parts of the inside of the shoe that could rub your foot? If there are, do not use this shoe



Choose a wide shoe that you can do up



Get advice from a Podiatrist

legsmatter.org



Supporting the communication and information needs of all

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RESHAPING CARE TOGETHER...



IN RECOGNITION OF OUR PLATINUM PARTNERS

