

If you cannot manage your feet at home with these tips it is time to see an HCPC registered private Podiatrist.

The HCPC (Health Care Professions Council) is a UK wide body that regulates the podiatry profession and ensures that all of its members meet the appropriate standards for training, professional skills, behaviour and health.

Find a registered podiatrist near you in your local high street or visit:

www.COP.org.uk/find-a-podiatrist/

Telephone: 0300 500 6184

The College of Podiatry (COP) is the main professional body for podiatrists who have completed their degree in podiatry and sets our clinical standards, promotes research and education as well as raises awareness of foot health.

For information about common foot problems to help you with your foot health take a look at The College of Podiatry website:

Podiatry Service Contact Number

Telephone: 01743 277681

Ref: pafhs/leaflet/nail care advice leaflet/v1/July 20

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Podiatry & Foot Health Services Self Care Advice leaflet



The Podiatry service does not provide a normal nail cutting service or skin care clinic. This should be carried out as part of everyday personal hygiene by yourself, family member or carer.

Nail Care Advice - If you find it difficult to cut your nails then weekly filing may be easier for you to manage.



Filing your toenails is the safest way to shorten them. Toenails that are filed properly will not catch on your socks or stockings. Try to file in one direction.

Footwear - Wear the right shoes. Make sure they are the right size and shape to match your feet to avoid injury, corns and callus.



Dry Skin

Apply moisturiser to your feet daily *avoiding nails* and *between your toes*. If the skin around your nails is dry you can apply olive or baby oil. These products will not leave a residue around the nails in the same way that cream can.

Gently file areas of dry/ hard skin with pumice stone or foot file. Filing little and often is the most effective method.

General Hygiene

We advise that you check and wash your feet daily with soap and water. We do not advise soaking the feet for long periods of time as this can dry out your skin.

Ensure that you dry well between your toes to help prevent the skin becoming too moist, splitting and the onset of fungal infections. Cotton Buds can be useful for drying in between your toes