



Be Good to
your Feet...

...and they will last you a lifetime

- Wash feet every day in warm soapy water and dry them thoroughly, especially between the toes
- Trim toenails regularly with proper nail clippers. Cut them straight across, not too short and not down at the corners, as this can lead to ingrowing nails. Do not pick or tear nails
- Keep feet warm and exercise to improve circulation, muscle tone and tone up the calf muscles
- If you have a problem with your feet, seek advice from an HPC registered podiatrist/chiropodist. To find one, contact your GP for an NHS referral.



The Society of
Chiropodists and
Podiatrists