

- check feet **every day** for cuts, blisters, ingrowing toenails or changes in skin colour; use a mirror if required
- avoid walking barefoot, or in thin-soled shoes (eg slippers) or socks
- wash and dry your feet every day, especially between toes
- moisturise feet on the top and bottom, but not between toes
- cut toenails straight across and file nail edges, if possible
- wear appropriate footwear as recommended by a healthcare professional
- protect your feet from hot and cold; avoid using external heat sources (eg heaters) to warm feet
- elevate feet when sitting

Doctor's contact details: