

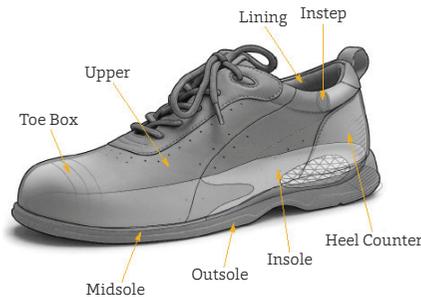
## Appropriate Footwear Selection

Shoes should be comfortable and fit well. Things to remember when purchasing a new pair of shoes or slippers:

- **Heel Counter:** Must provide heel stability and support
- **Heel height:** Should be approximately 3cm with a broad base giving considerable stability
- **Sole:** Should be reasonably firm throughout but flexible across the ball of the foot and NOT at the mid foot in order to mimic the natural bend at the forefoot. Rubber soles provide grip and shock absorption
- **Toe box:** Should be deep and wide enough to allow toes to spread naturally
- **Upper and lining:** Leather is preferable as perforations allow for adequate ventilation
- **Midfoot fastener:** Laces, buckles or velcro straps to ensure a snug fit and prevent foot moving forward
- **Length:** Approximately one thumb's width beyond the longest toe

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See inside for guidelines (picture [www.pacificfootwear.com](http://www.pacificfootwear.com))

### Apply First Aid to Feet if Cut or Injured

- Wash feet using saline, apply an antiseptic solution such as Betadine and cover with a sterile dressing
- If signs of infection appear –heat, redness, pain, swelling and pus – or if the wound has not healed in a few days, see your doctor immediately
- Leave blisters intact if possible and treat blisters as described above
- Check the wound everyday and see your doctor promptly if changes occur

### Contact Us

For more information on our service please visit our website

[www.healthcare2you.com.au](http://www.healthcare2you.com.au)

or contact **Healthcare 2 You** on 1300 882 374



Providing Integrated Healthcare Solutions



## Caring for Your Feet

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## Taking Care of Your Feet

### Inspect Feet

- Check your feet everyday – in between toes, around the heels and soles – for any colour or temperature changes; skin tears, cuts, swelling, redness, blisters or undetected wounds and discharge of pus
- Use a mirror if you have difficulty reaching your feet or ask someone for help

### Keep Feet Clean

- Wash your feet daily with mild soap and warm water. Thoroughly dry feet and in between toes
- Be aware of areas between the toes when cleaning and drying
- Pat dry skin rather than rubbing as this can irritate the skin, especially for those with dermatological conditions such as Psoriasis and Eczema

### Moisturise Feet

- Apply moisturiser to feet daily with a 10% urea based emollient to prevent dryness, cracking and skin breakdown as well as to soften areas with hardened skin
- Apply moisturiser to the whole foot but avoid in between toes as this can cause an imbalance of moisture levels in the skin causing increased sweat and malodour

### Cut Nails Properly

- Cut your toe nails regularly to prevent ingrown toe nails developing; masking of fungal growth under nail plate; and long nails catching onto your socks or clothes
- Do not cut your own toe nails if you cannot reach or cannot see your feet

### Protect Feet

- Wear soft absorbent socks made of natural fibre such as cotton if possible, to insulate feet and prevent chilblains (red/purple cold toes)
- Do not go barefoot and wear protective footwear at all times – even at home in your room
- Do not place feet near heaters, open fire spaces and hot water bottles – avoid anything that is a risk for injuries to the feet
- Do not soak feet in very hot or very cold water
- Check the inside of your shoes for stones, wood bark, soil, sharp objects etc.
- Socks and stockings should not be too tight as this will constrict blood flow



### Manage Corns and Calluses

Corns and calluses are areas of hardened skin that develop on your feet due to excessive pressure. Ill-fitting shoes, changes in foot structure such as contorted toes or thinning of the fat pads under your feet are attributes to these areas of hardened skin. Thus, it is important to:

- Wear supportive and properly fitting footwear
- Use a pumice stone or emery board to reduce hard skin
- Apply moisturiser regularly to soften areas of hardened skin
- Wear cushioning devices such as foam, felt or silicon toe protectors
- Wear socks for cushioning and protection
- Consider padding or insoles to cushion the bottom of your feet to relieve any plantar pressures
- If the problem is severe, customised orthotics may be prescribed by a podiatrist to help rebalance and re-align your feet

## How Diabetes Affects Your Feet

Diabetes Mellitus is found to have deleterious effects on the feet as such that it can impair wound healing, affect the neurological and arterial system and also deform the osseous structures of the feet.