

Be Sweet to Your Feet

Simple Things You Can Do to Take Care of Your Feet

Hints for Health from Elara Caring



What's the Big Deal?

If you have poor circulation, nerve damage or loss of sensation, and/or trouble fighting infections, foot problems can be very serious! Once a problem starts, healing can be slow and difficult. Your best plan of attack is to prevent problems in the first place!



Look at Your Feet

- ✓ Find a comfortable place to sit.
- ✓ Look at both the top and bottom of your feet.
- ✓ Don't forget to look in between your toes.
- ✓ If needed, use a mirror to see all areas or ask someone to look for you.



What Am I Looking For?

- ✓ Redness
- ✓ Skin Cracks
- ✓ Ingrown Toenails
- ✓ Corns
- ✓ Dry Skin
- ✓ Blisters
- ✓ Swelling
- ✓ Calluses



What if I Find Something?

- ✓ Talk to an Elara Caring team member
- ✓ Talk to your doctor
- ✓ Watch for changes

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Practical Things You Can Do to Take Care of Your Feet



Do

- ✓ Wash your feet daily and pat dry with a towel.
- ✓ Check bath water temperature with your elbow before stepping into water.
- ✓ Dry between your toes.
- ✓ Apply lotion to dry skin, but NOT between toes.
- ✓ Wear clean socks made of natural fibers such as cotton or wool.
- ✓ ALWAYS wear shoes to protect feet from injury.
- ✓ Feel inside your shoes for sharp edges or objects that might hurt.



Don't

- ✓ Do not soak feet in hot water.
- ✓ Do not use a hot water bottle or heating pad on feet.
- ✓ Do not use razor blades, scissors or a knife to trim nails.
- ✓ Do not wear flip flops, plastic shoes or pointy toed shoes.
- ✓ Do not use corn remover or corn plasters for calluses or corns.



Shoes

- ✓ Make sure they fit well.
- ✓ Don't rely on how a shoe feels.
- ✓ Have your feet measured at a shoe store.
- ✓ Make sure there is a thumb's width between the end of the shoe and your toes.
- ✓ Shop for shoes in the afternoon or evening when your feet may be slightly larger.



How to Cut Your Toenails

- ✓ Cut straight across with clean toenail clippers.
- ✓ Smooth with an emery board.
- ✓ Trim once a week after washing (so they are soft).
- ✓ If you can't trim your own toenails or have any foot problems, talk to your doctor or an Elara Caring Team Member.

Do you have questions or concerns?

We Can Help

elara.com