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Advocates of Safe Pedicuring Through Education and Support

Caring For Your Feet At Home

For those of you who wish to care for and maintain your feet in between trips to see your pedicurist, here are our top tips:

1. Wash your feet with a mild soap and water, rinse and dry well-being sure to dry between the toes.
2. Moisturize feet using a product that is readily absorbed into the skin such as urea-based rather than an oil-based product/salve/ ointment that coats the skin and leaves it feeling soft, but slippery.
3. Do not cut nails down into the corners, rather cut following the curve of the end of the nail.
4. Wear clean socks / hose daily.
5. If you are a diabetic, have decreased sensation in your feet or have circulatory issues, keep a mirror somewhere to inspect the bottom of your feet on a daily basis. If you notice any changes, visit your medical practitioner.
6. It is preferable not to go bare-foot, particularly outside – especially if you are diabetic or have any impairment in feeling on the bottom of your feet.

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