### DO’S

- Check feet daily, with a mirror if necessary, and report any concerns immediately to a health professional.
- Wash and dry feet daily, paying particular attention to between the toes.
- Test water temperature prior to bathing.
- Use a moisturiser daily; avoid between the toes. For areas of dry, hard and cracked skin or callus, ask your nurse or doctor about using a urea-based emollient.
- Check shoes before putting them on to ensure there are no foreign objects in them (e.g., stones).
- Wear shoes that fasten securely and are deep and broad enough for your feet.
- Call your doctor or nurse immediately if you find a cut or sore that doesn’t begin to heal.

### DON’TS

- Don’t walk barefoot even when on holiday or in the house.
- Don’t use acid preparations such as corn cures and hard skin removers.
- Don’t try to remove hard or loose skin yourself.
- Don’t use heat pads or hot water bottles.
- Don’t soak your feet for too long — it will dry them out.
- Don’t cut toe nails too short or down the sides. Instead follow the shape of the toe.
- Don’t delay seeking advice on cuts or sores on your feet.