It’s really important to look after your feet.

This leaflet tells you some of the things that you can do to help keep your feet healthy.
You should try to wear shoes that

- Fit well
- Are flatter
- Fasten up
- Have a thick sole
- Are made of leather

To keep your feet healthy try to

- Wash your feet everyday, and remember to dry them well.

- Change your socks every day. Take care of the skin on your feet.

- Cut your nails to the shape of your toe.

Keep an eye on your feet - check that they look ok!
You should try not to wear shoes that

- Don’t fit well
- Have high heels
- Don’t fasten up
- Are uncomfortable
- Are hard to walk in

To keep your feet healthy don’t

- Don’t cut nails too short. ✗
- Wear socks that are too tight. ✗
- Don’t soak your feet for a long time—this can actually dry them out! ✗
If you are having trouble with your feet you can get in touch with us at

Leeds Community Podiatry Service
St Mary’s Hospital
Greenhill Road
Armley
Leeds
LS12 3QE
0113 3055155

To find out more about looking after your feet you can go to;

Simply Feet www.simplyfeet.co.uk
Scholl www.schollfootcare.com
Dreamy Feet www.dreamyfeet.co.uk
Foot Care Supplies www.footcaresupplies.com
Feet For Life www.feetforlife.org (advice only)