

Figure 4. Patient education aid on foot care and footwear

This is a general guide designed to complement, and not replace, education or advice provided by a healthcare professional; tailor advice to the individual patient's needs.

Foot care education

Check feet every day

Use a mirror or selfie stick or ask for help if you can't see the bottom of your feet.

Look out for:

- Blister, wound, corn, callus, or toenail abnormality
- Redness, swelling, bruise, or increased warmth

Apply simple first aid to small wounds

- Clean the small wound with saline or clean water before applying antiseptic and covering with a plaster.
- Seek medical help if there is no improvement after two days or if there are signs of infection.

Wear well-fitting and covered footwear

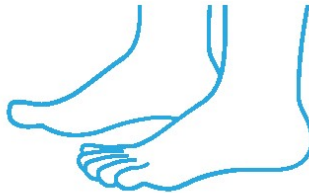
- Avoid walking barefoot or in socks without shoes, even at home; wear home sandals with non-slip soles.
- Try on new shoes while standing and at the end of the day when feet tend to be largest.
- Wear well-fitting covered shoes with socks.
- Check and remove any stones or sharp objects inside shoes before wearing them.

Maintain good foot care and hygiene

- Clean feet daily with mild soap and water.
- Dry thoroughly between each toe.
- Avoid using harsh soap, massaging with hot oil or soaking feet for prolonged periods.
- Avoid cutting nails too short; cut them straight across and file corners.
- Avoid using any sharp tools on your feet. Use a pumice stone or foot file to gently remove hard skin; do not over-file (check the area regularly after every few strokes of filing).

Moisturise feet regularly

- Apply moisturiser daily but not between toes.
- Avoid scratching skin as it may lead to wound or bleeding.



Seek medical help early if wound is not healing well, or worsens

If signs of infection are present, such as redness, swelling, increased pain, pus, fever, or the wound starts to smell, seek medical help as soon as possible.

Footwear education

Adjustable ankle fastening (lace or velcro)

To hold feet in place and reduce rubbing within shoes

Soft cushioning inner sole

For better comfort

Firm back (heel counter)

Low heel

Firm at back and middle sections of the sole

To support middle part of the foot (arch)

Flexible at front section of the sole

To allow natural movement of toes when walking

Soft and breathable materials

To prevent too much moisture within shoes

Appropriate sizing of foot wear, deep and wide toe box

- To let toes wiggle freely
- Make sure shoes are broad enough for widest part of feet and any deformities
- Make sure appropriate length (one-thumb width between toes and tip of the shoes)

