Tips to Informal Caregivers
on Giving Personal Care

Special Foot Care

Some persons who are ill for a long time or who have conditions affecting circulation and ambulation may need foot care. The feet should be examined for any unusual appearance, such as swelling and nail discoloration. Note any temperature difference between one foot and the other.

Procedure:

- Observe feet carefully.
- Soak the feet first, if only foot care is being given.
- Clean under the nails.
- Use pumice stone or emery board to smooth callouses and nails.
- Massage the feet and legs with lotion to increase circulation.
- If special foot care is needed, do not cut or trim the toe nails. This should be done by a professional.
- Dry carefully between toes.

The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.