For further advice see your podiatrist.

Your local clinic is at:

_____

_____

_____

Tel : _____

Alternatively you may contact the podiatry office, address is:

Horton Park Centre
Horton Park Avenue
Bradford
BD7 3EG

Email: podiatry.enquiries@bradford.nhs.uk

Tel: 01274 251777
www.bdct.nhs.uk/foothealth

We value your feedback. Rate and review your care at Patient Opinion
https://www.patientopinion.org.uk/

NHS Choices
http://www.nhs.uk/

Online Questionnaire Friends and Family Test
https://www.oc-meridian.com/BDCT/completion/custom/default.aspx?slid=134&did

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NHS
Bradford District Care
NHS Foundation Trust

PODIATRY SERVICES

Looking after your feet

Patient Information Leaflet

Looking After Your Feet

Hygiene

Your feet should be washed in warm soapy water and examined daily. Thorough drying is very important, especially between your toes.
If your toes are stiff or overlap then clean and dry between your toes with baby wipes or tissues, NOT a thick towel.

Footwear

Well-fitting footwear should always be worn. Your shoes should be roomy at the toes with a low board heel and secure adjustable fastening over the top of your foot. It is important that your slippers fit correctly as your shoes, “sloppy shoes” are responsible for several falls a year.

Socks

Wear clean socks or tights every day. Make sure that they fit properly at your toe and heel and are not too tight around the top.

Moisturise

Moisturise your feet regularly, this will help to improve the condition of your skin, although the area in between the toes should be avoided as athletes foot can develop.