



HAPPY FEET



Healthy feet, healthier life



We should all keep our feet clean and healthy



Footcare includes:

- Checking the feet daily
- Toenail and skin care
- Using the right footwear

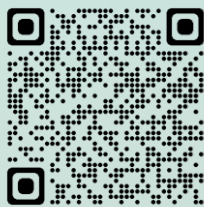


Footcare is even more important if you have conditions like Diabetes

Keeping your feet healthy reduces your chances of having walking difficulties, falls, foot infection or amputation.

So you can spend your time doing what you love!

Watch this video on footcare or follow the instructions in the brochure to learn more about foot care:



Video from:

National Diabetes Reference Materials – An initiative under the War on Diabetes





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Check all areas of the feet daily including the spaces between toes, back of heels and soles of your feet



Toes



Heels



Soles

Please use a mirror if you are unable to bend to check your feet



Check feet daily for:

Wounds e.g. skin tears, blisters

- Apply a dressing and change daily
- Watch for signs of infection

“Cracks” e.g., back of heels

- Check for wounds
- Apply moisturiser or heel balm daily

Hard skin (callus)

- File and moisturise callus

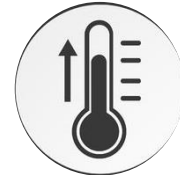


See a doctor, podiatrist or nurse if you notice any of these

Signs of infection



Redness, Area feels warmer, Swelling, Pus, Foul smell from leg wounds



Fever or Chills

Skin colour changes



Bleeding under callus



Wound under callus



Toe looks purplish

General hygiene for everyone



- Wash feet with mild soap and water (Do not soak, especially if you have diabetes. This may cause skin to breakdown)
- Dry feet well, especially between toes



- Apply moisturiser to all areas of your feet except between toes
- Rub moisturiser gently into skin until it is absorbed completely before walking



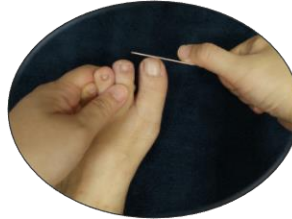
- Change socks/ stockings daily
- Keep shoes clean and dry, use another pair of shoes if wet



Toenail and skin care

Toenail care

If toenails become too long or thick, they become difficult to manage at home. File or trim your toenails regularly. They should not be longer than the tip of your toe.



- Adjust the direction of filing to file your nails shorter (length) or thinner (thickness)

- File down sharp edges

[Video: Nail filing](#)



- You can use a nail clipper to trim your nails straight across
- There are assistive nail clippers with built-in magnifiers. Look for them at stores selling rehabilitation equipment or from online sellers
- Always read product instructions. If in doubt, ask your healthcare provider or product seller

It is common for people to have callus. This thickened skin is caused by too much pressure, shear, or friction. E.g., when footwear rubs against skin or if cushioning is insufficient. Mild callus can be managed with urea cream and foot files.

Long-handled foot file



Pumice stone



Callus



- File the callus back & forth 10 times. Repeat if it still feels thick
- **DO NOT** remove too much skin

[Video: Callus filing](#)

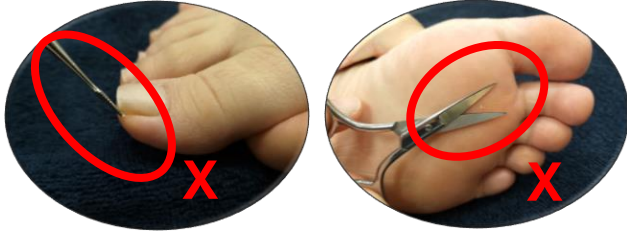


- Once you have finished filing, wash your feet with water and dry.
- Check for cuts. If there is bleeding, apply antiseptic and monitor for healing. See **Simple Wound Care** on next page.
- For callus, moisturise with urea cream. Rub moisturiser gently into skin until it is absorbed completely before walking



Toenail and skin care

✗ DO NOT:



- ✗ Cut the nails too short (e.g. white nail border should be seen)
- ✗ Use sharp items to cut out a callus
- ✗ Cut the corners and sides of the nails
- ✗ Share nail care items



Do not poke, trim or file around areas that are red, inflamed or has pus or a blister. This may be an ingrown toe nail.

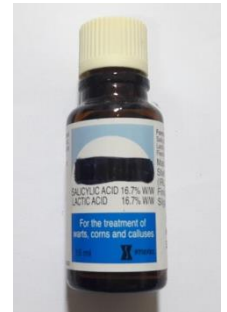
APPLY TOPICAL ACID ON THICKENED SKIN UNDER SUPERVISION OF YOUR DOCTOR OR PODIATRIST

Topical acid does not address the root cause of your callus and should not be used long-term. If you have an underlying foot deformity, your podiatrist may prescribe shoe inserts to reduce pressure at the callus.

Do not apply too much topical acid as it may damage surrounding skin.



If you have chronic medical diseases e.g. Diabetes, ask your doctor, podiatrist, or nurse before using these products



Topical acid

Simple wound care

Follow the instructions below if you notice a small wound on your foot. See a doctor, podiatrist or nurse if the wound does not improve, if you see signs of infection or if you have poor blood circulation.



- Wash hands with soap and water
- Clean wound with tap water/normal saline*
- Dry area with sterile gauze
- **DO NOT** wipe the wound with alcohol



- Dress with antiseptic solution e.g. povidone-iodine solution*
- Cover the whole wound with a dressing
- Keep the wound dry and covered
- Change the dressing daily, or more often if it gets wet



Using the right footwear



Socks



Quick Dry



Sports sandals



Sports shoes



Dress shoes



Examples of footwear with proper coverage and support



Home footwear

For people with diabetes



No Flip-Flops

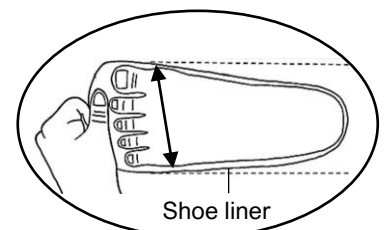
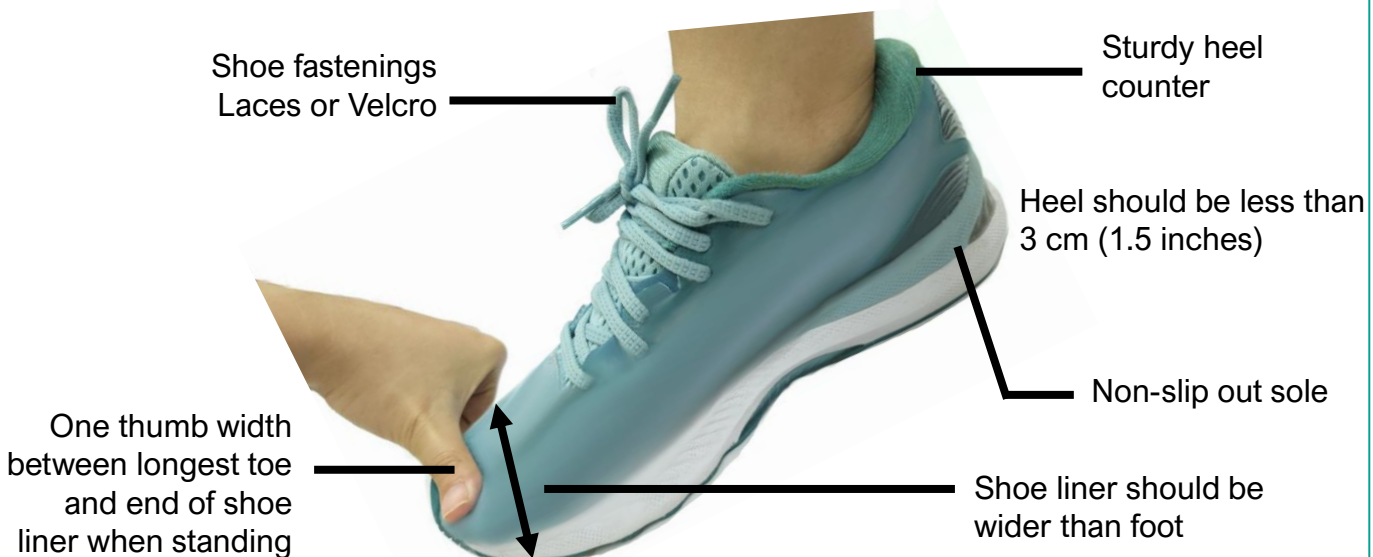
For people with diabetes



- Check inside of shoes/socks for foreign objects before wearing
- Try new shoes indoors first. Check your feet regularly for blisters or abrasions
- Ask your doctor or podiatrist if you have concerns about choosing the right footwear

* Flip socks inside out to reduce seams rubbing on skin. People with diabetes should choose seamless socks to avoid developing wounds/blisters over the toes from friction

Choosing shoes with good support and fit





Fungal infections

Fungal skin infections are common in tropical, humid weather. They may look patchy, flaky, or red, and may itch. Clean and dry your feet well daily to prevent fungal infection.

✘ **DO NOT** share your foot care items, as fungal infection can spread to others

If you have a fungal infection:



- Wash your feet with antibacterial soap and water regularly
- Dry your feet well, especially in between the toes



Anti-fungal medication

- Apply anti-fungal medication
Follow instructions from your doctor, nurse or pharmacist
- Change your socks daily



If the fungal infection does not improve, worsens or starts to spread, see a doctor

Happy Feet is intended to empower non-clinically trained people to manage day-to-day foot care and hygiene.

This version is accurate as of October 2022.

This guide does not serve medical diagnosis or treatment. Seek the advice of a doctor, podiatrist or nurse if you have concerns on your medical condition(s) or feet.

For queries, please contact
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