

A simple weekly foot-care routine

Five calm steps for ordinary foot care. Sit in a supportive chair, have everything within reach and stop if you cannot see or reach safely. Nothing you write is sent to Steady on Feet.

[] 1. Look

In good light, check the tops, soles and spaces between your toes for anything new or changing.

[] 2. Wash

Use comfortably warm water and a mild soap or wash. A long soak is not needed.

[] 3. Dry

Pat rather than rub, taking particular care between each toe.

[] 4. Moisturise

Use a thin layer on dry skin, but not between the toes, and let it soak in before standing.

[] 5. Check what you wear

Look inside socks, slippers and shoes for rough areas, grit, wear or pressure points.

Keep your choices and participation

What you can do yourself

Use the parts of the routine you can complete comfortably while seated, without straining to see or reach.

When help is useful

Ask someone you trust to help you see an area, prepare the items or steady the practical setup while you remain involved.

When to ask a professional

Get advice when pain, nail thickness, reduced sight or difficulty reaching means the care cannot be done safely.

What to avoid

Do not use blades, razors, corn plasters or acid preparations on hard skin. Do not cut down the sides of a nail or continue if you cannot see clearly. Keep moisturiser away from the spaces between toes.

Ask for help promptly

Ask an appropriate healthcare professional about broken skin, a wound, redness, heat, swelling, discharge, sudden colour or temperature changes, new loss of feeling, or severe or worsening pain. Call 999 in a medical emergency.

Sources: Guy's and St Thomas' NHS Foundation Trust; Royal College of Podiatry; RDaSH NHS Foundation Trust. Accessed 7 August 2026. Full links are on the accessible web checklist.