

# Foot Care Advice

## Self-management and alternative options

The information in this leaflet provides you with details on personal foot care management options including specific treatment for Verruca and Fungal toenails. In 2013 the Scottish government defined 'personal foot care' as tasks adults normally do for themselves. These tasks involve nail cutting or filing, moisturising, and maintaining good skin condition as well as selecting appropriate footwear styles.

The Podiatry service does not offer a routine service for these tasks, or specific treatment for verrucae and fungal toenails. If you are no longer able to manage these things for yourself, please see the self-care and alternative options below.

### Self-care

- Always cut your toenails straight across. Do not cut down the corners. If you cannot cut your toenails, use a nail file or an emery board once a week.
- Use an emery board/foot file on dry skin/callous and apply moisturising cream on a daily basis, but not between your toes –  
[https://policyonline.nhslothian.scot/Policies/PatientInformation/Personal\\_Foot\\_Care.pdf](https://policyonline.nhslothian.scot/Policies/PatientInformation/Personal_Foot_Care.pdf)
- If you are unable to manage your own foot care, family/friends/carers may be able to help.
- Search online for “Edinburgh Community Podiatry” or follow the link to see our short online videos for: Management of skin care/simple foot care/heel pain.  
<https://services.nhslothian.scot/Podiatry>
- You can also search online for the Scottish Government personal foot care information at  
[www.gov.scot/publications/personal-footcare-guidance/documents](http://www.gov.scot/publications/personal-footcare-guidance/documents)
- Wash your feet daily and dry carefully (especially between the toes).

**Verruca** – <https://policyonline.nhslothian.scot/Policies/PatientInformation/Verrucae.pdf>

**Fungal nails** –

[https://policyonline.nhslothian.scot/Policies/PatientInformation/Fungal\\_Nail\\_Infections.pdf](https://policyonline.nhslothian.scot/Policies/PatientInformation/Fungal_Nail_Infections.pdf)

### Alternative care provider

#### The voluntary sector:

- Prestonfield Day Centre (0131 620 7222) charges a small fee for nail care only, available to all Lothian residents of any age.

### Non-NHS Podiatry Providers

Private podiatrists can help with many aspects of foot care. Fees vary. You can check if a private podiatrist is registered with the Health and Care Professions Council (HCPC) by checking online at [www.hcpc-uk.org](http://www.hcpc-uk.org) or use “Find a Podiatrist” at <https://rcpod.org.uk>

If you have any concerns and would like to discuss further, please contact us on: **0131 536 1627**.

