

# Podiatry

## Do's & Don'ts

- ✓ When cutting your toenails, cut straight across the width of the nail.



Proper

- ✗ When cutting your toenails, do not cut the edges of the nail – rather use a nail file to smooth the edge.



Improper

- ✓ Apply moisturiser daily to your feet.



- Recommended 2x daily.

- ✗ Do not apply moisturizer in between your toes.



- ✓ Preferred footwear style: round or squared toe box.



- ✗ Undesired footwear style: narrow toe box.



- ✓ Always wear socks with closed shoes.

- ✓ Perform daily foot examinations.