

Foot Hygiene Tips

Daily Care

- Change socks often; keep a spare pair in your bag or car.
- Dry feet thoroughly, especially between toes.
- Use breathable shoes and cotton socks. Rotate shoes.
- Keep toenails trimmed straight across, not too short.
- Avoid walking barefoot in public places like locker rooms.

Footwear Care

- Spray insides of shoes and insoles with antifungal sprays (Tinactin, Micatin) nightly for 2 weeks; repeat every 3–6 months. Spray insoles separately from shoes.
- Wipe slippers and sandals with disinfectant wipes.

Home Hygiene

- Clean shower floor and washroom floors regularly.
- Keep shower drains clear and unclogged.
- Wash bath mats often.

Nail & Pedicure Safety

- Do not share nail clippers or foot care tools.
- Limit pedicures and bring your own polish.
- If you get a pedicure, book the first appointment of the day.