

Summer foot health

Stay a step ahead this summer
Leeds Community Podiatry Service

Handy tips for caring for your feet

- ☀️ Protect your feet from sunburn, including the soles
- ☀️ Wash and dry feet daily
- ☀️ Moisturise feet daily (not between toes)
- ☀️ Avoid flip flops - wear well fitting, lightweight footwear with a strap
- ☀️ Wear lightweight shoes when paddling in the sea
- ☀️ Drink plenty of water to stay hydrated
- ☀️ Avoid sitting for long periods of time as this may cause your feet to swell



Contact us:

Podiatry Department
St Mary's Hospital
Green Hill Road
Leeds LS12 3QE

0113 305 5155