

Bristol Community Health



## Patient information

**interpreters,  
translations  
and other format**

**To ask for an interpreter or signer:**

phone: 0117 919 0275

**To get this leaflet:**

- in large print
- in Braille
- by email or on disk
- on audio cassette

phone 0117 900 2668

**For 24 Hours NHS help and advice**

NHS Direct on 0845 4647

**NHS Direct website**

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

April 2009

Bristol Community Health

# Podiatry Department

## Emollient Use



**L7**

## Emollient Use

Moisturising cream or an emollient as it is also known needs to be applied correctly in order to work properly.

By following the steps below you can increase the effectiveness of the emollient recommended by your podiatrist.

### Step One

- Wash your feet in warm water for approximately 5-10 minutes. Do not soak for longer as this will remove the natural oils from your skin and make your skin dehydrated.

### Step Two

- Pat your feet dry ensuring that you dry in between your toes.

### Step Three

- Apply the emollient liberally within **five minutes** of washing your feet. This increases the absorption of the cream into the skin.

- **Do not apply in-between the toes** as this can make the skin soggy, which may cause the skin to split. It will also make you prone to fungal infections as they thrive in a warm , moist environment.

If you have the time, allow 20 minutes for the cream to soak in and then rub in any cream that has not soaked in on its own.

If you are using any other ointments or creams prescribed by your GP or nurse apply **after you have used your** moisturising cream.

If you have any questions please ask your podiatrist.

### Additional advice

.....

.....

.....

.....

.....