

# FOOT NEWS

THE NEWSLETTER FOR SPRINGFIELD PODIATRY AND ACCURATE FOOT & DIABETIC CARE

August, 2021 Edition

## **Pedicure Do's and Don'ts:**

While I do not tend to recommend pedicures, especially for my high-risk patients, I know that many of you get them to look nice in the summer when donning sandals or open toed shoes or when barefoot in the water. So here are a few pointers to keep your feet safe and healthy when getting a pedicure at home or at the salon.

### First, the **Do's**:

Bring your own pedicure instruments to the salon. Bacteria and fungus can be transmitted from person to person via the pedicure utensils if the salon does not properly sterilize the instruments. If you do not have your own, ask about the salon's sterilizations procedures.

Use a pumice stone, brush, callus file or exfoliating scrub to remove thick, dead skin build-up (calluses) on the heels, balls and sides of the feet. Be sure to soak your feet in warm water for at least five minutes prior to using the stone, brush, file or scrub. Be careful not to over do it and irritate the skin, especially if you have diabetes or poor circulation in the feet.

You may GENTLY run a rubber manicure stick under the nails to remove dirt and sock fibers. Being too aggressive will irritate the nail bed, loosen the nail and potential cause a fungal or bacterial infection.

Make sure the salon appears clean and practices proper hygiene. Determine if the soaking solutions are changed frequently and whether they sterilize the instruments between each client.

Be sure to cut your nails straight across and avoid cutting them too short. Also avoid cutting down into the corners. This can lead to painful ingrown nails. Tell your technician to cut the nails with nail clippers then smooth them with an emery board.

If you have diabetes, poor circulation or a compromised immune system, be sure to tell the technician so they are extra careful about cleanliness and avoiding any cuts to your skin. Especially let them know if you have decreased feeling in the feet as you may be unaware of any nick in the skin. If a break in the skin does occur, cleanse the area with warm water and soap or with peroxide then apply a topical antibiotic ointment or cream and a bandaid. If the area becomes red, swollen, increasingly painful or is draining, call us immediately to evaluate the area.

If you do have reduced sensation in your feet, ask the technician about the water temperature in the whirlpool. It should be between 90-95 degrees Fahrenheit. Be sure to ask the technician to test it before you put your feet into the water.

And now some **Don'ts**:

Don't shave your legs or feet before receiving a pedicure. Freshly shaven legs have small cuts that may allow bacteria to enter your skin, so wait until after the pedicure to shave your legs.

Likewise, if you have any cuts or open sores on your feet or legs or if you have any type of infection, postpone your pedicure until the wounds have healed or the infection has cleared.

Do not allow salons to use a razor or metal file to remove dead skin, and don't use one on yourself. Doing so can cause painful cuts that can lead to an infection.

Razors can also lead to sore spots that make it difficult to walk and can even cause permanent damage.

Don't allow the salon to cut away the cuticle or push it back aggressively. The cuticle is there to prevent germs from getting into the nail root (matrix) that grows the nail plate. Removing the cuticle not only eliminates this protective barrier, but it can actually force bacteria and fungus under the nail fold to directly cause an infection. Any infection that invades the nail root can adversely affect the nail growth and potentially cause permanent damage to the nail.

Do not apply nail polish to cover up discolored nails. Thick and discolored toenails may be a sign of a fungal infection. Nail polish locks out moisture and does not allow the nail plate to breathe. So, nail polish can actually help the fungus to grow and spread. If you think you have a toenail fungus, call our office for an evaluation and discussion of treatment options.

Following these simple guidelines can keep your feet healthy and safe while also looking good. For those of you at risk due to diabetes, poor circulation, a compromised immune system, etc., feel free to come to us for your professional foot care services.

### **PERSONALLY SPEAKING:**

For those of you who visit our West Chester office, you may have noticed a new face! Bella is the daughter of Alyce, our Medical Assistant, and is working with us during the summer months. She has been very helpful in our busy office by cleaning rooms, bringing back patients, copying forms, opening boxes and putting away supplies, calling to confirm patient appointments, entering information into charts and much more. Bella enjoys dancing, playing the guitar and jewelry making. She will enter the 10<sup>th</sup> grade this year and hopes to pursue a career in criminology. Please be sure to say hello and to thank Bella for her assistance!

## **MYTH BUSTERS:**

Corns do not have a “root”. Corns are a build-up of hard dead skin resulting from friction and pressure, usually over a prominent knuckle, particularly in the presence of a hammer toe. They often have a deep core that is painful, but there is no underlying “root” that can be removed to stop their recurrence. Corns can be trimmed by a podiatrist and padded. Often, a change in shoes alleviates the pressure on the toe, but sometimes it is necessary to surgically straighten the toe to stop the recurrence of the painful corn.

## **FUN FACTS:**

The term “corn” for a painful build-up of dead skin is taken from the name of the outer layer of the epidermis called the stratum corneum.

## **WHAT’S NEW?**

We have a topical nail conditioner available in both offices. This product strengthens weak nails and moisturizes dry, scaling toenails and fingernails. It is part of the Dani Pro antifungal nail polish line we carry. Ask about these great nail products at your next visit!

## **QUOTES FOR AUGUST:**

“August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time.” – Sylvia Plath

“Small steps in the right direction can turn out to be the biggest step of your life.”  
– Anonymous

## **PUZZLE:**

Call today for your foot health evaluation!

In Drexel Hill, call 484-459-5954

(springfieldpodiatry@springpod.comcastbiz.net)

In West Chester, call 610-436-5883

(accpodiatry@gmail.com)

Or visit us at [www.drsiegerman.com](http://www.drsiegerman.com)

Dr. Julie Siegerman and Dr. Siavash Rostami

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