Dry Skin
Community Podiatry

Why is Skin Dry?
In order to be strong and supple our skin needs natural oils made by the body. Lack of this oil will cause a dry skin and can be caused by diet, increasing age, inherited factors, certain medical disorders, and our environment.

Hard dry skin is where the skin has received a lot of wear and tear and it is produced as a method of protection but can become uncomfortable if it builds up.

Referral to Podiatry
We are a team of specialist staff involved with the assessment, diagnosis and management of the lower limb in people of all ages.

If you feel that you would benefit from an assessment, self referral forms are available from all community clinics.

This leaflet can also be made available upon request in Braille, audio cassette, large print or in other languages.

Chinese
此份單張備有中文譯本，請垂詢索取。

Kurdish Sorani
ویەکەیەوە وە هەڵبەکری بەمەکەیەنەدە شەوەڕەکیە وەمەزە بەمەوارکەوەیە بەمەشێکەیەوە

Lithuanian
Paprašius, šį lankstinuką galima gauti ir lietuvių kalba.

Polish
Niniejsza ulotka może być na życzenie dostępna w języku polskim.

Portuguese
Este folheto também pode estar disponível, sob pedido, em português.

Russian
Эту брошюру можно также получить по желанию на Русском языке.

“Putting you first is at the heart of everything we do”
Dry skin can:

1. Feel taut and dry after washing.
2. Flake or chap, particularly in the winter.
3. Crack especially around the heel.

What can you do?

1. You need to rub in a moisturising product daily. This should be massaged in thoroughly. Do not apply in between the toes.
2. You can use a pumice stone or file gently on rough areas.
3. Do not soak your feet as this removes any natural oils from the skin, (but still wash feet).

Examples of moisturising products

(Many others are available)
E45
Aqueous cream (washing only)
Nivea
Vaseline intensive care

Urea-based creams
Flexitol Heel Balm (25% urea)
Dermatonics Heel Balm (25% Urea)
Calmurid (10% Urea)