

# Serenity



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Foot care nurses are specially trained in the provision of foot care and provide nail cutting, nursing assessments, callus treatment, information and support that assists patients in maintaining healthy feet.

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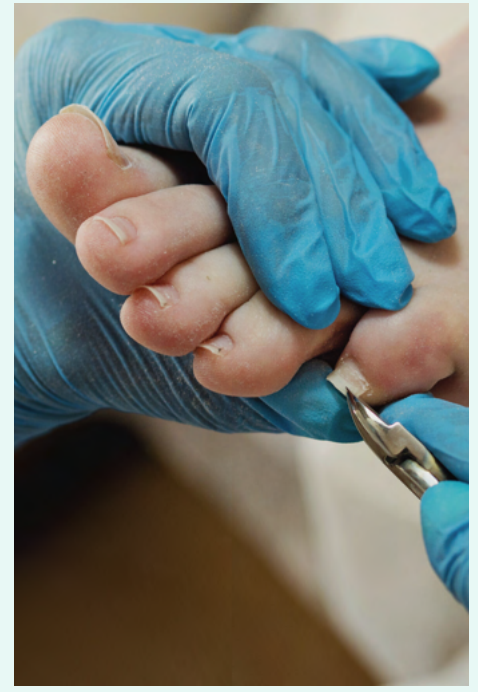
## Why is foot care important?

Why take care of your feet? Feet are your body's foundation, so keeping them healthy is vital to your overall health. Years of wear and tear can be hard on your feet. Overuse, shoes that don't fit properly and even genetics can lead to injuries and disorders of the foot that can greatly impact your mobility, what you can do daily.

1. Do inspect your feet daily
2. Do wear comfortable shoes
3. Do wash your feet regularly
4. Do use lubricants (LOO-brih-cantz) or moisturizers (MOYS-chur-eyes-urz) to keep your skin from getting dry or cracking

Education around foot care is so important especially if you are living at home or your loved one is with multiple disease or illnesses.

Prevention is key regular foot care is so important for you feet to maintain keep health and prevention



## WHO NEEDS A FOOT CARE NURSE?

Foot health is an integral component of overall vitality and well-being. Many people suffer from painful foot conditions that require professional and regular care to prevent further complications, or in the case of severe wounds, infection, and amputation.

Nursing foot care is helpful to all people who require foot care services and who are otherwise unable to provide themselves with adequate self-care. Anyone with a health concern or foot-related health issue can benefit from seeking nursing foot care.

According to the [Canadian Association of Foot Care Nurses](#), many foot care patients share these common health conditions:

- Arthritis and Rheumatoid Arthritis
- Diabetes
- Peripheral Arterial Disease
- Wounds

## What is included?

Certified foot care nurses have received training in the following practices:

- Callus and corn removal
- Nail trimming and filing (to help prevent ingrown toenails) for patients who are unable to perform this task themselves. For instance, in cases of nerve damage, arthritis, etc.
- Full professional assessment of the patient's foot condition
- Identification of potential foot health problems and appropriate care to prevent infection
- Helping patients by providing education for ongoing self-care and selecting appropriate footwear

Nursing Foot Care does NOT include the following services:

- Pedicures
- Nail polish application or removal

# How long is the appointment?

The Foot care nurse comes to your home brings everything they need with them, with the complete assessment and foot care service it the home it takes about an Hour.

Here are some before and after pictures and please remember these photos can be graphic but just to show you the difference after a foot care service

If you would book an appointment please email [info@serenityatyourdoor.ca](mailto:info@serenityatyourdoor.ca)

Or call 778-855-1105

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BEFORE



AFTER



BEFORE



AFTER

