

A quick guide to:

CRACKED HEELS



Cracked heels, also known as fissures, are a common foot problem. In most cases, they are a purely cosmetic problem but in particularly severe conditions they can cause pain and even lead to infection.

APPEARANCE

Cracks in the skin of the heel are often obvious. The skin on and surrounding the heel is normally dry and may have a thick yellow or dark brown callous, especially along the inside border of the heel.

CAUSES

Having naturally dry skin and inactive sweat glands can make you more prone to cracked heels. Anything that increases pressure on the heel can contribute further to the condition. Being on your feet for prolonged periods of time, being overweight and wearing open backed shoes can all cause these cracks in the skin.

SYMPTOMS

If the cracks are severe, there will be pain when pressure is applied to the foot. They may also bleed easily.

PREVENTION

Keeping feet moisturised with a moisturising cream will prevent skin from drying out. A pumice stone or foot file can also be used to reduce the thickness of hard skin.

Those particularly prone to the condition should avoid open backed or thin soled shoes as they do not support the skin of the heel properly, leading to increased pressure and eventual fissures in the skin.

TREATMENT

Applying a urea-based cream twice daily is usually enough to make the skin supple again and allow cracks to heal. A pumice stone or file may be needed at first to remove dead, thickened skin.

If the condition is particularly severe and causing you pain, a podiatrist will be able to help with treatment and advise on the best way to avoid the condition in future.

For more information please visit:

www.carnationfootcare.co.uk

or speak to your podiatrist.