

# Podiatry advice for EB feet



In 2019 we worked with all EB centres to support access to specialised podiatry services and funded the first international EB Podiatry Clinical Practice Guidelines with best practice guidance for healthcare providers and patients. Here we share advice on how to look after EB feet from EB Podiatrist Dr Khan, the project lead for developing our EB podiatry training programme.



## Shoes

Shoes should ideally have the following features: firmness, comfortable fit, appropriate length and width, rounded toe, plenty of room for the toes, flexibility, flat heel, heel support and laces or straps. The upper covering should be leather or fabric mesh to allow air to circulate, rather than plastic or synthetic. Get your shoes properly fitted so that the foot does not slip or slide during walking.



## Socks

Socks should be selected to improve ventilation. Silver fibred cotton or bamboo socks with simple insoles may be beneficial. These conduct heat away from the feet, reducing sweating and friction and have an additional anti-bacterial action. These socks are available online and via high-street stores.



## Emollients and moisturisers

Emollients and moisturisers are helpful to prevent and manage hard skin on the feet and hands. Hard skin is due to overloading of the area, so cushioned insoles are useful in the shoe for shock absorption.



## Cornflour

Healthcare professionals and patients have also reported the benefit of using cornflour on the soles of the feet and in-between the toes to help control excessive moisture and reduce friction. This can help control blistering on a daily basis.

## Footcare Clinical Practice Guidelines



A range of Clinical Practice Guidelines (CPGs) are available to download from the knowledge hub on our website. These include footcare guides with footwear advice for adults and for parents caring for a child with EB as well as dystrophic nail care and hyperkeratosis (callus) care for adults with EB.

<https://www.debra.org.uk/support-services-knowledge-hub>

There are also guidelines for professionals on our website to share with your EB podiatrist for helping to manage your care in relation to EB and feet. <https://www.debra.org.uk/clinical-practice-guidelines>

## Contact us

You can contact our Community Support Team for more information on 01344 771961 (option 1) or email [membership@debra.org.uk](mailto:membership@debra.org.uk)

Our Community Support Team work UK-wide to support members living with all types of EB and their families and carers. Find out more about the team and the range of support they offer by visiting the support section on our website.

DEBRA, The Capitol Building, Oldbury, Bracknell, Berkshire, RG12 8FZ

☎ 01344 771961

✉ [debra@debra.org.uk](mailto:debra@debra.org.uk)

🌐 [www.debra.org.uk](http://www.debra.org.uk)

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