

Skin Care for Very Dry, Rough or Cracked Heels & Feet

Cracked heels occur when you have a disruption of your skin barrier. It can be from a medical condition, like psoriasis or eczema, a compromised immune system, diabetes, some common medications, seasonal changes or simply from ageing. Cracks or fissures in your heels can be painful and may get infected. Depending on the severity of the skin on your feet, here is a straight-forward two or three-step treatment plan for your daily use:

Step 1: Cleansing

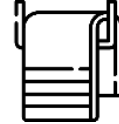
- Soak your feet in lukewarm water in the morning and at night for about 10 minutes. Water that is too hot or too cold can irritate the skin and should be avoided.
- Use gentle, hydrating skin cleansers designed to help protect the skin's natural protective barrier (see suggestions below).
- If there are no cracks or fissures in the skin, you may use a gentle exfoliating cleanser with salicylic acid, beta-lipohydroxy acid (LHA), glycolic acid or lactic acid
- Avoid any abrasive scrubs or products with micro-beads or particles
- Do NOT use or add any products other than what is suggested.
- Do NOT use soap (liquid or bar). Soap can elevate skin pH causing excess dryness.
- Dry the skin by gentle patting with a cotton towel – do NOT wipe the skin dry.



Soak feet in lukewarm water



Use gentle, non-irritating hydrating skin cleansers



Gently pat dry with a cotton towel

Suggested gentle, non-irritating cleansers:

[CeraVe Hydrating Cleanser](#), [CeraVe Hydrating Cleanser Bar](#), [CeraVe SA Cleanser](#), [La Roche-Posay Lipikar Gel Lavant](#), [La Roche-Posay Lipikar Surgras Cleanser](#), [Cetaphil Gentle Skin Cleanser](#), [Cetaphil Cleanser Bar](#), [Aveeno Moisturizing Bar](#)

Step 2: Treatment

- To remove excess dead skin, while skin is still damp, gently file the skin with a loofah, foot scrubber, or pumice stone. A foot file may be used if it is not too strong (looks like a cheese grater).
- Do NOT over-scrub
- If you have a crack or fissure on your foot, apply a liquid bandage to affected areas and allow to dry



Gently file with a scrubber, loofah or pumice stone

Step 3: Moisturize

- Apply a rich moisturizing cream, balm or ointment to the feet, morning and night
 - *Opt for a petrolatum-based ointment at night for added hydration and protection. Wear cotton socks to keep moisture locked-in and prevent any staining of bed sheets*
- If no cracks or fissures are present, medicated exfoliating creams and lotions with salicylic acid, lactic acid or urea are essential to improve skin smoothness and prevent build-up of dry skin and cracks.



Apply moisturizer to all affected areas



If no cracks are present, use a medicated exfoliating moisturizer

Suggested moisturizing creams, balms and ointments:

[CeraVe Moisturizing Cream](#), [CeraVe SA Cream](#), [CeraVe Healing Ointment](#), [La Roche-Posay Cicaplast Baume B5](#), [La Roche-Posay Lipikar Baume AP+](#), [Eucerin Complete Foot Repair](#), [Eucerin Aquaphor Healing Ointment](#), [Petroleum Jelly \(Vaseline, or generic brand\)](#)