

# FOOT PICKING

## MGMT TIPS



**Repair in silicone gel socks to soften heels & rough spots**

**Brush Sally Hansen Cuticle Oil on nail beds to prevent picking hangnails**

**Slather Aquaphor in a cotton sock for your foot to soak in overnight**

**File toenails short to lessen urges to tear them short**

**Wear tights as a blocker**

**Slip rubber bands over your socks around your ankles to prevent fingers sneaking in**

**Try a foot peel like Baby Foot to shed dead skin**

**Look for flip flops that are quick dry & nonslip to lessen blister-inducing rubbing**



motomami  
@notauntblazer



i love having dermatillomania and not being able to walk on my feet because i tore all the skin i possibly could off 🥲



**Keep your tootsies cool with a fan or sans shoe to limit sweating, chafing, & heat rash**

**Use foot antiperspirant to control perspiration & Contact Dermatitis like Lume Invisible Cream Deodorant or Carpe**

**Fight infection with Antifungal or antibacterial crème if needed**

**Air out your shoes & feet regularly**

**Indulge in comfy house slippers or fuzzy socks to decrease barefoot temptations at home**

**Keep feet out of hand's reach by avoiding sitting cross-legged**

