

# Bridal Guide Foot Care Tips

By Neil Levin, DPM, FACFAS

At this most special time in your life, the last thing you want to interfere with your plans is foot pain. This is a time for dressy shoes, lots of standing, dancing and possibly sandals and flip flops on your honeymoon! This is no time for painful feet. Here are some tips to help you and your bridal party navigates as comfortably as possible through your wedding weekend and beyond.

Tip #1: Wait until late afternoon to try on, and purchase shoes for your event. Your feet tend to swell somewhat throughout the day and this will allow some extra room for many hours on your feet. This can be an especially important for elderly bridal party members and grandparents, as certain medications and medical conditions may cause feet to swell.

Tip #2: If structural issues such as bunions and hammertoes cause pressure problems in dress shoes, try thin blister treatment pads available in the first aid aisle of your pharmacy. Most are very thin and don't take up much room in the shoe. They also resist friction and pressure. Be careful NOT to use any pads medicated with acids as they can burn healthy skin.

Tip #3: Consider changing into flip flops after the ceremony. Yes, you heard me, flip flops! Many styles of bridal flip flops are available online. These can be beautifully jeweled sandals I have even seen worn for the ceremony by the bride and all of her bridesmaids under their gowns. This is also an excellent idea if your ceremony is outdoors on grass where heels would bury themselves! At the very least, bridal flip flops make an excellent second pair of shoes for the reception and dancing.

Tip # 4: Try an at-home "foot facial" to prepare you and your bridal party for your big day. The first step is exfoliation to remove callused tissue. Massage a special paste (see recipe below) onto your feet. Leave on for 10 minutes. Wash off and use a pumice stone to rub callused areas. Wipe with glycolic acid pads (Topix is one such brand available over-the-counter or online) and leave on for a few minutes. Finally moisturize. Copper based creams are best as they promote the growth of collagen, an important building block for healthy skin. (Neutrogena Visibly Firm Night Cream).

Recipe for exfoliation cream: Combine ½ cup kosher salt (very coarse), 1 tablespoon Epsom salt, 1 tablespoon tea tree oil, 2 tablespoons mineral oil, 1 tablespoon sodium bicarbonate. Store in Tupperware container.

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