



PREVENTING

ITCHY FEET IN PREGNANCY



Moisturize the feet with creams, lotions, ointments, or oils



Avoid wearing tight shoes that cause your feet to sweat



Keep the blood sugar levels under control



Keep the feet dry after bathing or wetting the feet



Use dry and clean socks with breathable materials



Treat fungal infections on feet with prescription medications



Treat cholestasis of pregnancy and liver problems



Treat psoriasis, eczema, and other skin conditions



Visit a podiatrist or pedicurist to exfoliate and keep the feet clean