



Hanne Owens, RN, BSN, CFCN
HEALTHY FEET are HAPPY FEET

Comprehensive, Preventive, and Affordable
Certified Nursing Foot Care



1690 N Stone Ave, #107, Tucson, Arizona 85705

HFHF.us – Call or Text (520) 579-4340 for Appointments – office@HFHF.us

As a certified foot care nurse I provide “routine maintenance care of your feet and toenails” to enhance health and comfort and to prevent injuries and pain.

This important service is often covered by health insurance at the podiatry office if the person has risk factors that put their feet at high enough risk.

But, for everybody else who needs professional help with the the maintenance care of their feet and toenails, my nursing foot care service is an ideal option.

This is how I can help you with my nursing foot care service:

1. Assess skin and toenails, circulation, lack of protective sensation, and footwear to provide the best possible nursing foot care service for you.
2. Clip, clean, and file toenails for better nail health and comfort.
3. Thin and clean thick fungal toenails to reduce pressure from shoes.
4. Round ingrown toenail corners to prevent painful pressure/infections.
5. Reduce corns and calluses to increase comfort and prevent ulcers.
6. Provide cushioning and off-loading items to reduce pressure and injuries.
7. Use foam-cleanser and lotion to clean and moisturize skin; and a light foot and lower-leg massage for comfort and increased venous flow.
8. Provide verbal education and printable “Foot Health and Wellness” educational handouts from my website for self-care at home.
9. If a patient has new or worsening risk factors that need proper medical attention, I will ask them to follow the guidelines of their health insurance.

If I am not able to see you, you can go to the website of the American Foot Care Nurses Association, AFCNA.org to locate other foot care nurse providers throughout the United States; including Tucson, Arizona.

Email and text communications are not encrypted. In accordance with HIPAA regulations, avoid disclosing personal and sensitive information.

This 01/01/2022 “Nursing Foot Care Service Overview” is a printable file from my website