

What footwear should I avoid?

Avoid wearing:

- **Backless or loose-fitting shoes or slippers** - These can slip off your feet and make you more likely to trip or fall.
- **Shoes that are too loose or too tight** - They can rub, cause blisters and make it harder for you to walk safely.
- **Shoes with smooth or worn-out soles** - They have less grip and can make you more likely to slip.
- **High heels (over 4cm)** - They can make it harder to keep your balance and walk safely.



To read this leaflet in a different language, please visit our website: www.uhd.nhs.uk/visit/patient-information-leaflets and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on 0300 019 8499 or email uhd.patientexperienceteam@nhs.net.

The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW

Poole Hospital,
Longfleet Road, Poole, Dorset, BH15 2JB

Author: Alvin Thomas Date: August 2026 Version: One
Review date: August 2029 Ref: 079/26

w: www.uhd.nhs.uk f: @UHDDTrust i: @uhd_nhs

Some of our hospital services are moving.
Visit www.uhd.nhs.uk/future to find out more.

Slipper socks should not replace footwear



Slipper Socks aren't meant to Replace Shoes.
Bring your own shoes or slippers in from home
or ask a friend or relative to do this for you.

Patient information

w: www.uhd.nhs.uk f: @UHDDTrust i: @uhd_nhs

Some of our hospital services are moving.
Visit www.uhd.nhs.uk/future to find out more.

What to look for in safe Footwear

Fit - Shoes should have enough room for the toes to move comfortably but should not be loose.

Fastening - Choose shoes with laces, Velcro straps, or buckles so they stay securely on your feet

Heel Height - Heels should be no higher than about 4cm (1½ inches). Avoid high, thin heels such as stilettos.

Ankle Support - The top of the shoe should come up around the ankle to help support it.

Sole Grip - The sole should be made from strong, non-slip materials such as rubber

Sole Pattern - The sole should have a clear tread pattern to provide good grip on different surfaces.



When should I wear my slipper socks?

Wear your slipper socks if:

- **You don't have any shoes or slippers with you when you are admitted to hospital.**
- **Your own shoes or slippers are not suitable or safe to wear** (see the footwear guide on the previous page)
- **You cannot wear your usual shoes or slippers,** for examples because of bandages, dressings or swollen feet, **until a suitable alternative is available.**



Bring your shoes for you to use!

