



Sol Foot & Ankle Centers April 2026 Newsletter

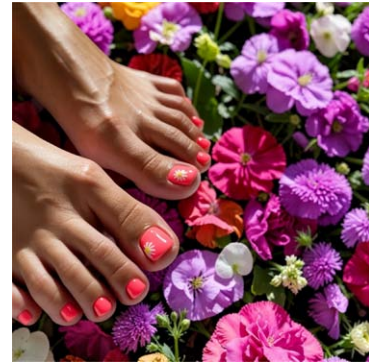
Hello April!

April is **Foot Health Awareness Month**, making it the perfect time to give your feet a little extra attention—especially with sandal season right around the corner.

And with **National Mani-Pedi Day on April 25**, we thought this was the perfect time to talk about keeping your feet healthy *and* looking great.

Pedicures—Helpful or Harmful?

Pedicures can be a great way to care for your feet—but only when done safely.



Here's how to protect your feet while still enjoying a little pampering:

- **Avoid having the pedicurist cut your cuticles** (they protect against infection)
- **Don't shave the hair on your legs or feet the day of or the day before your pedicure appointment** (tiny nicks = bacteria entry points)
- **Bring your own instruments** if possible or at least verify how the salon sterilizes its instruments
- **Skip polish if nails look discolored or thick**—this could be fungus and applying polish could make it worse

When in doubt, let us take a look first!

Quick Tip

If your nails are thick, yellow, or brittle, a pedicure won't fix the problem—and may actually make it worse.

Treat the cause first, then go back to the polish



New at Sol Foot: ToeFX® Light Therapy

If you've been dealing with thick, discolored, or brittle toenails, you're not alone.

We're excited to offer [ToeFX® Light Therapy](#)—a safe, non-invasive, drug-free treatment that targets toenail fungus right at the source.

- No pills
- No pain
- No downtime

Ask us if ToeFX is right for you!

Did You Know?

Toenail fungus affects nearly **1 in 10 people**—and becomes more common with age. The good news? It's treatable, especially when caught early.

Important Dates & Reminders

- April is **Foot Health Awareness Month**
- April 7: **World Health Day**
- April 25: **National Mani-Pedi Day**
- Time to swap into supportive spring shoes

Did you hear about the trending corduroy pillows?

They're making headlines.

Here's to Happy, Healthy Feet

Whether you're getting back to walking, golfing, or just enjoying the sunshine, healthy feet make all the difference.

We're here whenever you need us.

The Sol Foot & Ankle Centers Team

Keeping you one step ahead of foot pain

[Schedule](#) your appointment today! or call (562) 433-0478

www.solfoot.com

Follow us on social media for more foot care tips and updates!

