

10 tips to help you no longer have foot pain when wearing new shoes

Invite you to consult 10 tips to help you no longer have foot pain when wearing new shoes!

1. 8 types of summer shoes can damage your feet
2. Proper cleaning and storage tips for footwear may be unknown
3. The "divine" tips from 100 years ago are still useful

Whether you are a man or a woman, when using a completely new pair of shoes, your feet are affected. Understanding this issue, the Bright Side site decided to share the secret of ending this pain. So, if you don't want that nightmare to continue, try to memorize the **10 simple but extremely useful tips below, helping you no longer have foot pain when wearing new shoes !**

1. Use personal bandages (Urgo)



This is a very common and obvious way, which is extremely effective for applying heel-to-heel **bandages** , especially when wearing high heels or hard leather shoes. Personal bandages not only reduce friction but also help your legs to prevent blistering. Remember to choose a piece of ice that is slightly larger than the rubbing area so that they will not move.

2. Chalk the chrome



Chalk powder can reduce friction on the foot surface. Sprinkle some chalk on your feet before wearing shoes. In addition, if you do not intend to wear socks, chrome powder will definitely help your feet from getting wet.

3. Use thick socks and dryer



Wear a pair of thick socks inside your favorite shoes. Use a dryer around locations where you feel tight on your feet. Take a few rounds until it is cool and repeat if necessary. The temperature of the hair dryer will help the shoes to relax, softer and more comfortable. **This tip applies only to shoes with natural materials like leather .**

4. Roll or deodorize wax



The heels, toes and the edges of the feet are places that are often blistered when wearing new shoes. So, in order to erase the obsession of foot pain when putting on new shoes, apply a little wax to those positions. This tip is suitable for those who wear high heels or doll shoes.

5. Silicone shoe pads



Instead of buying regular shoe insoles, buy silicone shoe insoles. You can buy this " *divine* " foot protector at pharmacies, orthopedic stores or even online. Silicon pads are quite diverse with many types such as shoe soles, toe pads or full foot covers. Please choose a suitable pad to solve your problem.

Insoles made of silicone not only reduce friction, limit peeling but also savior in case you buy too large shoes.

6. Place water-filled plastic bags into shoes



If unfortunately buying tight shoes, put 2 plastic bags of water in the nose and put it in the freezer of the refrigerator overnight. This is how to extend your shoes extremely effectively without damaging your shoes.

7. Alcohol and toilet paper



Wet the shoe by spraying a little alcohol on tight areas. Crumble the paper and squeeze it inside the shoe. Using more paper is more effective. The next morning, remove the paper and put on your shoes to help them shape your foot.

8. Moisturizer



This method is only effective for genuine leather shoes. Apply some moisturizer to the inside of the shoe, paying attention to the heel and toe area. The moisturizer will soften the shoe skin and when you wear it the next day, your feet will change their shape a bit.

9. Potatoes



This tip helps to broaden the types of training shoes or even lazy shoes. Potatoes will help the shoes wider. Put the potatoes in shoes and leave them overnight. Normally, potatoes will not leave any smell, but to be sure to use a clean towel before you pierce your feet.

10. Shoe repairers



This is probably the most reliable option for you. Most shoe repairers have special equipment to repair shoes according to your requirements. For example, shoe repairers can easily pull your shoes so they don't hurt any more. Finally, you will wear your favorite shoes without any difficulty.

A good pair of shoes will take you to great places. So bring a pair of shoes that make you most comfortable!

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