



Foot Care Do's



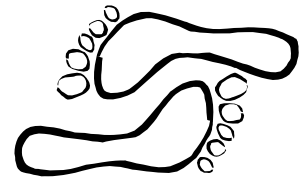
- ✓ Keep feet clean. Wash (don't soak) them daily with warm water.
- ✓ Use mild hand soap; rinse well.
- ✓ Dry feet thoroughly, especially between toes.
- ✓ After bathing/showering, rub calluses with a callus file, emery board, pumice stone, or towel.
- ✓ Use moisture **restoring** lotions in small amounts and massage well. **Do Not Apply Between Toes.**
- ✓ If your feet perspire, use small amounts of talcum, bath powder, or mild foot powder.
- ✓ Trim toenails straight across. Straighten and file with an emery board.
- ✓ Wear shoes which cover and protect your feet.
- ✓ Select leather rather than shoes of manmade materials.
- ✓ Break in new shoes gradually.
- ✓ Change shoes twice a day.
- ✓ Shoes should be comfortable when purchased; don't depend on breaking them in.
- ✓ Inspect inside of shoes daily for foreign objects; torn lining, or rough spots.
- ✓ Wear clean socks every day.
- ✓ If your feet are cold at night, wear warm socks.
- ✓ See your physician regularly and make sure your feet are examined.

Foot Care Dont's

- ✓ Don't smoke.
- ✓ Avoid exposure of feet to extremes of hot or cold. (Test water with elbow before bathing)
- ✓ Never keep feet too moist or too dry.
- ✓ Don't pull off loose pieces of skin.
- ✓ Don't use perfumed lotions or put lotions or creams between toes.
- ✓ Never file toenails too short.
- ✓ Never cut thick toenails, corns or calluses. Rely on a foot specialist to handle these problems.
- ✓ Avoid strong chemicals for removal of corns or calluses. **Never use over-the-counter corn or callus removers.**
- ✓ Don't apply heating pads and hot water bottles to your feet.
- ✓ Avoid abrasive or ill-fitting shoes.
- ✓ Never wear thong sandals.
- ✓ Avoid open-toe shoes and high heels, since these result in injury to your feet.
- ✓ Do not wear shoes without stockings or socks.
- ✓ Don't wear garters or seamed stockings.
- ✓ Don't wear socks with holes in them. Socks should not be darned.
- ✓ Don't walk barefoot, even indoors.
- ✓ Never walk on an injured foot.
- ✓ Never go without shoes around a swimming pool, lake or beach.
- ✓ Avoid sitting with legs crossed.

This booklet is not intended as a substitute for professional medical care.

PCS.5.1.12-F (7/2001)



For more information about foot care related to diabetes, call:

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Foot Care For Those With Diabetes

- ✓ **Wash your feet daily.** Dry carefully, especially between toes. For dry feet, use a moisturizing cream.
- ✓ **Apply the cream after bathing and drying your feet.** Never put oil or cream between your toes. Do not soak your feet (unless you are instructed to do so by your health care provider).
- ✓ **Inspect your feet daily** for blisters, cuts and scratches. *The use of an unbreakable mirror can help you to see the bottom of your feet.* Always check between your toes. If your vision is impaired, have a family member inspect your feet and shoes.
- ✓ **Cut your toenails straight across.** Smooth the corners with an emery board. Do not trim into the corners of your toenails or cut ingrown toenails.
- ✓ **Do not cut corns or calluses.** Do not use corn plasters or chemicals for removing corns or calluses.
- ✓ If you smoke, **STOP NOW.**
- ✓ **Do not use strong antiseptic solutions** or adhesive tape on your feet.

- ✓ **Avoid temperature extremes:**
 - Test water with elbow **before** bathing.
 - Do not walk barefoot.
 - Do not walk on hot surfaces such as sandy beaches, black top or cement around swimming pools.
 - If your feet feel cold, wear socks; do not apply hot water bottles or heating pads.
 - In winter, take precautions against cold weather by wearing protective footwear, i.e. fleece-lined boots.
- ✓ **Shoes should be comfortable** at the time of purchase. Do not depend on shoes to stretch out.
- ✓ **Shoes should be made of leather.** Running shoes may be worn but check with your physician.



- ✓ **Do not wear sandals or thongs** that have a strip between the toes.
- ✓ **Notify your physician or podiatrist** at once if any redness, blisters or wounds develop on your feet. Be sure to tell your podiatrist that you have diabetes.
- ✓ **Inspect the inside of shoes daily** for foreign objects, nail points, torn linings and rough areas. Never wear shoes without socks. Wear properly fitting socks made of cotton or wool. Do not wear mended socks. Avoid socks with seams. Change socks daily.
- ✓ **Avoid crossing legs.** This can cause pressure on the nerves and blood vessels.
- ✓ **When seeing your physicians** on regular visits, be sure that your feet are examined at least four (4) times a year.

