



### **DIABETIC FOOT CARE**

1. Inspect your feet daily, including the tops, bottoms, and between the toes; use a hand mirror to see the bottoms of your feet if necessary.
2. Wash and dry your feet daily with **WARM**, not hot, water. Always check water temperature with your elbow before putting feet in water. Use a mild soap when washing, and dry your feet well, especially between the toes.
3. Do not soak your feet unless recommended by our office.
4. If your feet are dry, use a moisturizing cream; **NEVER** put creams or lotion between the toes (the only exception being Amerigel Care Lotion, which is available in our office. Our office can make recommendations on appropriate moisturizers.
5. Do not go barefoot, even at home. Always wear shoes or slippers to protect your feet.
6. Do not try to remove corns, callouses, or warts yourself. **NEVER** use commercial or over-the-counter corn removers.
7. Do not treat your feet with sharp instruments or attempt to cut thick toenails.
8. Wear socks that are synthetic or acrylic blends; avoid 100% cotton socks. Socks should have no seams in the toe area, and should not be too tight at the toes or on the leg. Change socks daily. White or lighter colored socks will allow you to see bleeding or drainage. Diabetic socks are available, so please ask our office for recommendations.
9. If you have been prescribed diabetic shoes, wear them at all times. Change out your diabetic insoles every 4 months. If you are interested in diabetic shoes and insoles, you may qualify to have them paid through a Medicare program. Please contact our office.
10. Shake out your shoes each time before putting them on to be sure there are no objects in them such as pebbles or other foreign objects.
11. Do not use hot water bottles or heating pads near the feet. If your feet are cold at night, wear 1-2 pairs of socks.

**Contact our office immediately if you notice any of the following changes with your feet:**

- a. Skin color changes; red spots or red streaks, blue toes, or black areas.
- b. Drainage, bleeding, or odor.
- c. Temperature changes; “hot spots or cold spots.”
- d. Sores, ulcers, wounds, or blisters.
- e. Cracks or fissures of the skin.
- f. Ingrown toenails.
- g. Swelling of the foot more than usual.

**At Alpine Foot & Ankle Clinic, we care about you and your feet. Preventing diabetic foot problems before they happen is our goal. Remember, a small problem can become a big problem in a short period of time, so please do not hesitate to call us or come in to the clinic.**