

Tips For Taking Care of Your Feet!



This applies especially to those with diabetes.

1. Inspect Your Feet Daily

- Even though you might not feel any pain, your feet could still have serious problems that need to be taken care of. Check your feet for cuts, sores, red spots, swelling, and infected toenails. Make checking your feet part of your daily routine.
- If you have trouble bending over to reach your feet, use a mirror or ask a family member or caregiver to help
- ♦ Make sure to call your doctor if a cut, sore, blister, etc doesn't heal within one day

2. Wash Your Feet Daily

- Wash your feet in warm water (90° - 95° F is safe). Do not soak your feet because they will get dry
- Dry your feet well and make sure you get between your toes. Talcum powder or cornstarch will help keep the skin between your toes dry

3. Keep Your Skin Moisturized

- Rub some lotion, cream, or petroleum jelly on the tops and bottoms of your feet but not between the toes because this could cause infection

4. Smooth Corns And Calluses Gently

- If you have corns and calluses, check with your doctor or foot care specialist about the best way to care for them.
- If your doctor tells you to, use a pumice stone to smooth corns and calluses after bathing or showering. A pumice is a type of rock used to smooth the skin. Rub gently, only in one direction, to avoid tearing the skin.
- Do not cut corns and calluses. Don't use razor blades, corn plasters, or liquid corn and callus removers as they can damage your skin.

5. Trim Your Toenails Each Week Or When Needed

- Trim your toenails with clippers after you've washed and dried your feet.
- Trim your toenails straight across and smooth them with an emery board or nail file.
- Don't cut into the corner of the toenail.
- ♦ If you can't see well, if your toenails are thick or yellow, or if your nails curve and grow into the skin, have a foot care doctor trim them.

Orange County Foot Care

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6. Wear Shoes And Socks At All Times

- Wear shoes and socks at all times. Do not walk barefoot, not even indoors because it's easy to step on something and hurt your feet.
- Always wear socks, stockings, or nylons with your shoes to help avoid blisters and sores.
- Choose clean, lightly padded socks that fit well. Socks that have no seams are best.
- Check the insides of your shoes before you put them on to be sure the lining is smooth and that there are no objects in them.
- Wear shoes that fit well and protect your feet.

7. Protect Your Feet From Hot And Cold

- Wear shoes at the beach or on hot pavement.
- Put sunscreen on the top of your feet to prevent sunburn.
- Keep your feet away from radiators and open fires.
- Do not put hot water bottles or heating pads on your feet.
- Wear socks at night if your feet get cold. Lined boots are good in winter to keep your feet warm.
- ♦ Check your feet often in cold weather to avoid frostbite.

8. Keep The Blood Flowing To Your Feet

- Put your feet up when you are sitting.
- Wiggle your toes for 5 minutes, 2 or 3 times a day.
- Move your ankles up and down and in and out to improve blood flow in your feet and legs.
- Don't cross your legs for long periods of time.
- Don't wear tight socks, elastic or rubber bands, or garters around your legs.
- ♦ **Don't Smoke.** Smoking reduces blood flow to your feet. Ask for help to stop smoking.
- Work with your health care team to control your AIC (blood glucose), blood pressure, and cholesterol.

9. Be More Active

- Ask your doctor to help you plan a daily activity program that is right for you.
- Walking, dancing, swimming, and bicycling are good forms of exercise that are easy on the feet.
- Avoid activities that are hard on the feet, such as running and jumping.
- Always include a short warm-up and cool-down period.
- Wear athletic shoes that fit well and that provide good support.

10. Be Sure To Ask Your Doctor To:

- Check the sense of feeling and pulses in your feet at least once a year.
- Ask your doctor if you are likely to have serious foot problems. If you have serious foot problems, your feet should be checked at every visit to your doctor.
- Show you how to care for our feet.
- Refer you to a foot care doctor if needed.
- Decide if special shoes would help your feet stay health.