



Family Footcare, PC

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Foot Care for Patients with Diabetes

Do's and Don'ts

Never go barefoot either indoors or outdoors.

Inspect your feet daily. Use a mirror to examine the bottom of your feet. Pay close attention to between your toes.

Wash your feet daily. Test the water first with your elbow to see if it is too hot.

Lubricate your feet daily especially in winter or if your feet become excessively dry. Don't apply cream between your toes. Watch for any breaks in the skin.

Don't use any sort of elastic around your arms or legs. Do not use rubber bands to hold up your socks. Do not use panty girdles that are too tight around your legs.

Protect your feet from **all** extremes:

Never walk barefoot on hot sand or pavement.
Protect your feet from sunburn with sun screen.
Check temperature of bath water with your elbow.

Never use heating pads to warm cold feet.
Wear loose cotton socks to bed if feet are cold.
Beware of car heaters on long trips.
Stay at a safe distance from all fires.
Always put on hard soled shoes when you get out of bed.

Cut toe nails to the same shape as the end of your toes. Never dig into the edges.
Never cut corns or calluses yourself.
Never use commercial corn or callous removers.
Don't use adhesive tape on your feet.
Keep toes clean and free of debris between them.

Doctor Communication

Be sure to see your podiatrist 3-4 times per year.

Make sure to tell your doctors of any new symptoms, like pain in your calves or any numbness or tingling to your feet.

See your podiatrist promptly if you develop a blister, puncture wound, a new corn or callous, see bleeding in your shoe or have pain in either of your feet.

Remove both of your shoes and socks when you visit your podiatrist and family doctor.

Proper Shoes

Buy only comfortable well-fitting shoes. As wide as the ball of your foot and 1/4" longer than your longest toe.

Buy shoes late in the day. Feet get larger during the day. Shoes that fit in the morning might be too tight in the afternoon.

Choose shoes with soft leather uppers that can mold to your feet.

Never buy shoes with open toes or heels.

Never buy sandals, especially with a strap between the toes.

Inspect your feet immediately after taking shoes off for signs of redness or blisters.

Never wear shoes without socks or stockings.

Inspect the insides of your shoes before putting them on and when taking them off.