

PodiatryCare, P.C. *and the* Heel Pain Center

1379 Enfield Street
Enfield, CT 06082
860-741-3041
Fax: 860-741-5644
www.ctfoot.com

1350 Sullivan Avenue
South Windsor, CT 06074
860-644-6525
Fax: 860-741-5644
www.ctfoot.com

Dr. Robert E. Marra
Diplomate American Board of Podiatric Surgery
Dr. Thomas V. Johnson
Diplomate American Board of Podiatric Surgery
Dr. Kristen E. Winters
Diplomate American Board of Podiatric Surgery
Dr. Laura C. Vander Poel
Certified Wound Care Specialist

CONSULTANTS TO THE DIABETES SELF-MANAGEMENT PROGRAM SAINT FRANCIS - DIABETES CARE CENTER ECHN - DIABETES SELF-MANAGEMENT PROGRAM

DIABETIC FOOT CARE

DAILY FOOT CARE

- A. Wash, **DO NOT SOAK**, your feet in luke warm water. Use a mild soap and test the water temperature with your wrist to prevent burning of your feet.
- B. Dry feet well, especially between toes. **NEVER RUB** always **PAT** feet dry.

DAILY EXAMINATION OF FEET

- A. Examine your feet closely, if you **cannot** see the bottom of your feet, use a hand mirror placed on the floor. If your eyesight is poor, have someone check them for you.

DAILY SKIN CARE OF THE FEET

- A. Lubricate your feet to prevent dryness using a moisture lotion. Feel for any sore, rough or tender areas. Avoid putting lotion between toes.
- B. If you perspire more than normal, apply a foot powder but do not allow the powder to cake up.
- C. If dryness continues even though using dry skin cream, have your feet checked by your podiatrist or physician.

CARE OF TOENAILS

- A. File your toenails with an emery board or nail file but **NEVER** file shorter than the end of your toe.
- B. **NEVER** use scissors or an instrument to cut your nails.
- C. **NEVER** cut out or dig into nail corners.
- D. Allow your podiatrist to trim your nails regularly.

CARE OF CORNS AND CALLUSES

- A. After washing feet, pat the corns and calluses dry and rub a moisture lotion into them.
- B. **NEVER** tear off loose skin.
- C. **NEVER** use corn or callus remover products, these contain acids that can burn your skin and may cause a sore.

- D. **NEVER** cut corns or calluses. Allow your podiatrist to trim them.

FOOTWEAR

- A. **NEVER** go barefoot.
- B. Shoes should fit properly allowing room for all toes to be in their natural position. Some summer sandals can be a problem.
- C. Break in shoes gradually to avoid blisters. Try to avoid wearing the same shoe two days in a row.
- D. Avoid tight fitting and pointed shoes.
- E. Do not wear slippers when shoes should be worn.
- F. Do not wear cut-out shoes or sandals.
- G. Make sure you can return new shoes if they do not meet with your podiatrist's approval. It is a good idea to have your podiatrist check your shoes if you have a question.

FIRST-AID TREATMENT OF FEET FOR CUTS AND SCRATCHES

- A. Wash with mild soap and luke warm water.
- B. **NEVER** use strong chemical such as; tincture of iodine, epsom salts or boric acid. (Recommend Betadine Solution mixed one (1) part Betadine to three (3) parts water).
- C. Cover with dry sterile dressing. **NEVER** apply adhesive tape to your skin.
- D. **NEVER** use hot water bottles or heating pads to your legs or feet.
- E. Have your podiatrist or physician check any problem on your feet.

ATHLETE'S FEET

- A. Athlete's Foot is caused by a fungus which likes warm, dark and moist areas.
- B. **NEVER** use over-the-counter preparations for Athlete's Foot.
- C. Always notify your podiatrist of any itching, blistering or scaling occurring between the toes or on any part of the foot.

EXERCISE

- A. Walking is your best exercise for the feet, but one must always have shoes that fit properly.
- B. **DO NOT SMOKE.**

Always remember to check with your podiatrist or physician if you have any questions or problems occurring with your feet. I will always be available to answer any questions you might have regarding foot care.