

Exercise Program for: _____

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CARE OF DIABETIC FEET

CARE OF THE FEET

1. Never walk barefoot; always wear shoes or slippers.
2. Wash feet daily with mild soap and water.
 - Always test the water temperature with your hands or elbows before putting your feet in the water.
 - After washing, pat your feet dry; do not rub vigorously.
 - Use only one thickness of towel to dry your feet, especially between the toes.
 - Use a skin moisturizing lotion to prevent skin from getting dry and cracked; however, do not use these lotions between the toes.
3. Inspect your feet daily for puncture wounds, bruises, pressure areas and redness, and blisters.
 - Puncture wounds—Have you stepped on any nails, glass, or tacks?
 - Bruises—Feel for swelling.
 - Pressure areas and redness—Check the six major locations for pressure on the bottom of the foot:
 - a. Tip of the big toe
 - b. Base of the little toe
 - c. Base of the middle toes
 - d. Heel
 - e. Outside edge of the foot
 - f. Across the ball of the foot (metatarsal heads)
 - Blisters—Check the six major locations on the bottom of the foot for blisters, plus the tops of the toes and the back of the heel. *Never* pop a blister!
4. Seek treatment by a physician for any foot injuries or open wounds.
5. Do not use Lysol disinfectant, iodine, cresol, carbolic acid, kerosene, or other irritating antiseptic solutions to treat cuts or abrasions on your feet. These products will damage soft tissue.

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6. Do not use sharp instruments, drugstore medications, or corn plasters on your feet. Always seek the advice of your physician for any condition that needs such care.
7. Protect your feet.
 - Wear loose bed socks while sleeping.
 - Avoid frostbite by wearing warm socks and shoes during cold weather.
 - Do not use a heating pad on your feet.
 - Do not place your feet on radiators, furnaces, furnace grills, or hot water pipes.
 - Do not hold your feet in front of the fireplace, circulators, or heaters.
 - Do not use a hair dryer on your feet.
8. Place thin pieces of cotton or lamb's wool between your toes if there is maceration of the skin between your toes or if your toes overlap.
9. Do not sit cross-legged; it can decrease circulation to your feet.
10. Take care of your toenails in the following manner:
 - Soak or bathe feet before trimming nails.
 - Make sure that you trim your nails under good lighting.
 - Trim toenails straight across.
 - Never trim toenails into the corner.
 - If toenails are thick, see your physician and use a nail file or emery board for trimming.
 - Consult your physician when there are any signs of an ingrown toenail. Do not treat an ingrown toenail with drug- store medications; however, you can place a thin piece of cotton or waxed dental floss under the toenail.

SOCKS AND STOCKINGS

1. Wear clean, dry socks daily. Make certain that there are no holes or wrinkles in your socks or stockings.
2. Wear thin, white, cotton socks in the summer; they are more absorbent and porous. Change them if your feet sweat excessively.
3. Wear square-toe socks; they will not squeeze your toes.
4. Wear pantyhose or stockings with a garter belt. It is important that you do not wear or use the following:
 - Elastic-top socks or stockings, or knee-high stockings
 - Circular elastic garters
 - String tied around the tops of stockings
 - Stockings that are rolled or knotted at the top

SHOE WEAR

1. Always wear proper shoes. Check the following components daily to ensure that your shoes fit properly and will not damage your feet:
 - Shoe width—Make sure that the shoes are wide and deep enough to give the joints of your toes breathing room. Shoes that are too narrow will cause pressure bruises and blisters on the inside and outside edges of your foot at the base of the toes.
 - Shoe length—Shoes that are too short will cause pressure and blisters on the tops of your toes.
 - Back of shoe—Looseness at the heel will cause blisters at your heels.
 - Bottom of heel—Make sure there are no nails. The presence of holes indicates that there are nails in the heels.
 - Sole—Make sure that the sole is not broken. A break in the sole will allow nails or other sharp objects to puncture the skin.
2. Be careful about the type of new shoes you purchase. Use the following guidelines when you look for new shoes:
 - Buy new shoes in the evening to allow for swelling in your feet.
 - Inspect your feet once an hour for the first few days. Look for red areas, bruises, and blisters.
 - Do not wear your new shoes for more than a half day for the first few days.
 - The following components in shoes are desirable:
 - a. Laces or adjustable closure
 - b. Soft leather tops (to allow feet to breathe; they mold to the feet)
 - c. Crepe soles (to provide a good cushion for walking)
 - Avoid the following components in shoes:
 - a. Elastic across the tops of the shoes
 - b. Pointed-toe styles (they constrict the toes)
 - c. High heels
 - d. Shoes made of plastic (retain moisture and do not allow the feet “to breathe”)
3. Put your shoes on properly.
 - Inspect the inside of each shoe before putting it on. Make sure to remove any small stones or debris. Be certain that the inside of the shoe is smooth.
 - Loosen the laces before putting on or taking off your shoes. Make sure that the tongue is flat, with no wrinkles.
 - Be certain that you do not tie your laces either too tightly or too loosely.