

**Patient name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### **FOOT CARE GUIDELINES**

- If your feet perspire use foot powder. Avoid nylon stockings and shoes that have plastic lining—they heat the foot.
- For dry cracking skin, use lotion or cream once daily. Always use tepid water when soaking your feet, especially if you are neuropathic.
- Change your shoes a couple of times per day. This will vary the pressure areas.
- Always buy shoes at the end of the day as your feet swell by that time. Watch out for seams that will apply pressure.
- Good shoes should provide shock absorption, prevent pressure or friction and protect against injury.
- Always check your feet once a day for cuts or pressure areas. Or, have someone check them for you.
- Have corns and calluses trimmed periodically and make sure nails are not too long.
- If injuries are noticed, take pressure off area immediately.
- Do not automatically give up your exercise program. Walking is excellent for circulation, and can alleviate pain.
- Ulcers may need a variety of dressings, consult your podiatrist.
- The symptoms of infection are changes in skin color, pus, swelling and redness. If you begin to suffer extreme pain, chills, or high blood sugar, contact your physician immediately. you may require hospitalization.
- If you have a wound for a year or more, you need to be evaluated as to why you are not healing.
- Your sugar must also be in control. Good control prevents problems and promotes healing.

**Begin taking Vitamin B- 100 as it assists  
in cellular regeneration (better healing.)**