

RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC  
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**DIABETIC FOOT CARE:**

<b>Check your feet every day</b> <ul style="list-style-type: none"><li>-Look at the bottom and between your toes</li><li>-Look for cuts calluses scratches blisters</li></ul>	<b>Wash your feet every day</b> <ul style="list-style-type: none"><li>-Use elbow to check water temperature</li><li>-Wash gently</li><li>-Pad dry between toes</li></ul>
<b>Apply lotion daily</b> <ul style="list-style-type: none"><li>-Make sure rubbed in well between toes</li></ul>	<b>Use foot powder</b> <ul style="list-style-type: none"><li>-Rub off excess powder</li></ul>
<b>Nail care after bathing</b> <ul style="list-style-type: none"><li>-Nails softer after bathing</li><li>-Cut toenails straight across</li><li>-Don't cut nails shorter than end of toe</li></ul>	<b>Wear shoes that fit well</b> <ul style="list-style-type: none"><li>-Feet may not feel pain from poor fitting shoes</li><li>-Break in new shoes slowly</li><li>-Check feet often when wearing new shoes</li></ul>
<b>Don't cut off dead skin</b> <ul style="list-style-type: none"><li>-Don't use corn pads</li><li>-Don't use wart removal pads</li><li>-Don't perform bathroom surgery</li><li>-Seek professional help if you have a skin problem</li></ul>	<b>Wear synthetic socks</b> <ul style="list-style-type: none"><li>-They will keep your feet dry</li><li>-Make sure they fit well</li><li>-They take away moisture better than cotton</li></ul>
<b>Wear shoes at all times</b> <ul style="list-style-type: none"><li>-You need to protect your feet even in the house and especially in the basement</li></ul>	<b>Avoid Crossing your legs</b> <ul style="list-style-type: none"><li>-This decreases blood flow to your feet and can cause varicose and spider veins</li></ul>
<b>Take off your shoes, both</b> <ul style="list-style-type: none"><li>-Your doctor should check both feet every time you see him if you have diabetes</li></ul>	<b>Cuts or Sores</b> <ul style="list-style-type: none"><li>-You should call your doctor immediately if you notice a sore on your foot</li></ul>
<b>Don't place feet near heaters</b> <ul style="list-style-type: none"><li>-Burns can occur</li><li>-If feet are cold wear socks</li></ul>	<b>Shoe fitting</b> <ul style="list-style-type: none"><li>-Try on shoes later in the day because your feet swell during the day</li></ul>