

Ashley's Footwear

DIABETIC FOOT CARE

1. Do not smoke.
2. Inspect the feet daily for blisters, cuts and scratches. A mirror can aid in seeing the bottoms of the feet. Always check between the toes.
3. Wash feet daily. Dry them carefully, especially between the toes.
4. Avoid temperature extremes. Test water with elbow before bathing.
5. If feet feel cold at night, wear socks. Do not apply hot water bottles or heating pads. Do not soak feet in hot water.
6. Do not walk on hot surfaces such as sandy beaches or on the cement around swimming pools.
7. Do not walk barefooted.
8. Do not use chemical agents for the removal of corns and calluses. Do not use corn plasters. Do not use strong antiseptic solutions on the feet.
9. Do not use adhesive tape on the feet.
10. Inspect the inside of shoes daily for foreign objects, nail points, torn linings, and rough areas.
11. If your vision is impaired, have a family member inspect feet daily, trim the nails and buff down calluses.
12. Do not soak feet.
13. For dry feet, use a very thin coat of lubricating oil such as baby oil. Apply the oil after bathing and drying the feet. Do not put oil or cream between the toes. Consult your physician for detailed instructions.
14. Wear properly fitting stockings. Do not wear mended stockings. Avoid stockings with seams. Change stockings daily.
15. Do not wear garters.
16. Shoes should be comfortable at time of purchase. Do not depend on shoes to stretch out. Shoes should be made of leather. Running shoes may be worn after checking with your physician.
17. Do not wear shoes without stockings.
18. Do not wear sandals with thongs between the toes.
19. In wintertime, take special precautions. Wear wool socks and protective foot gear, such as fleece-lined boots.
20. Cut nails straight across.
21. Do not cut corns and calluses: follow special instructions from your physician or podiatrist.
22. Avoid crossing your legs - - this can cause pressure on the nerves and blood vessels.
23. See your physician regularly and be sure that your feet are examined at each visit.
24. Notify your physician or podiatrist at once should you develop a blister or sore on your foot.
25. Be sure to inform your podiatrist that you are a diabetic.

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