

FOOT & ANKLE CENTER OF FRISCO

PODIATRIC MEDICINE AND SURGERY

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Diabetic Foot Care

Daily Foot Care:

- Clean your feet daily with luke warm water and mild soap. Do not soak your feet.
- Dry your feet gently but thoroughly. Make sure to dry between your toes.
- Use a moisturizing lotion on all areas of dry skin, **except** between the toes. Please ask your doctor for moisturizer recommendations.
- Do not use a blow dryer or space heater to dry your feet as you may cause severe burns.

Nail Care:

- Only trim your own toenails if approved by your podiatrist.
- Keep your toenails cut short. Do not cut or dig out the corners of the nails.
- Trim nails straight across with nail clippers. Use emery board gently if needed.

Daily foot check:

- Examine your feet daily. Use a mirror to look at soles of each foot.
- Inform your podiatrist immediately with any changes or concerns (cuts, redness, increased swelling, warmth, discoloration, corns/calluses, ingrown toenails, etc.).
- Wear shoes or slippers to protect your feet at all times, even in the house.

Footwear

- Ask your podiatrist if you are eligible for diabetic shoes.
- Invest in well-fitting shoes. New shoes should be broken in gradually to avoid blisters.
- **Never** go barefoot, especially on concrete during hot summer days.
- Inspect your shoes for foreign objects prior to applying shoes to your feet.
- Always wear white socks. Do not wear shoes without socks.

Diabetes Control:

- Maintain control of your blood sugar levels. Perform blood sugar readings at home as directed by your primary care doctor/diabetes doctor.

Exercise:

- Ask your doctor if you should start a walking program. The American Heart Association recommends walking 30 minutes per day, 5 days per week.
- Do not smoke or use tobacco products.

Always remember to check with your podiatrist and physician if you have any questions or concerns with your feet. The Foot & Ankle Center is available 24/7 if you have any questions regarding your feet.