

Diabetic Foot Care Counseling

Daily Foot Care

1. Inspect your feet daily and use a hand mirror if needed.
2. If you notice anything out of the ordinary contact the office immediately for advice.
3. Wash and dry your feet each day especially between the toes.
4. Check the temperature of the water with your elbow before putting your feet in any water.
5. Use moisturizing cream on your feet daily except between your toes as recommended by the office.
6. Do not treat you feet with any sharp instruments or medications unless the office recommends them.
7. Do not use commercial corn removers.
8. You may carefully use a nail file if your nails get too long.
9. Do not use water bottles or heating pads near your feet.

Shoes

1. If you have been prescribed special shoes, wear them at all times.
2. Change your socks daily.
3. Do not wear socks or garments that are too tight, which may tend to cut off your circulation.
4. Do not go barefoot anywhere.
5. Wear protective footwear at the gym or pool.
6. Shake out your shoes each time before putting them on to be certain there are no objects, such as pebbles, in them.
7. If you have been prescribed special innersoles, they need to be replaced every 4 months.

Date _____

Patient Signature _____