

# THE DOS & DON'TS

# FOR DIABETIC FOOT CARE

## DIABETIC FOOT CARE DOS

### CARING FOR YOUR FEET



Inspect your feet daily, including the bottoms, for cuts, blisters, redness, swelling or nail problems.



Regularly moisturize your feet to avoid itching or cracking.



Get periodic foot exams from a foot and ankle surgeon to prevent complications – they can reduce risk of amputation by 45-85 percent.

### A STEP EACH DAY CAN HELP KEEP PROBLEMS AT BAY



Keep the blood flowing to your feet; wiggle your toes and move your ankles for 5 minutes, 2-3 times a day.



Shake out your shoes and feel for objects inside before wearing; you may not feel a small foreign object when your shoe is on your foot.



Maintain healthy blood sugar levels; out-of-control blood sugar levels can lead to nerve cell damage.

## DIABETIC FOOT CARE DON'TS

### A DEGREE OF PREVENTION

Never use heating pads, hot water bottles or electric blankets; you can easily burn your feet without noticing.



Don't put your feet in hot water – test with your hand first.



Don't try to remove corns or calluses – visit your foot and ankle surgeon for appropriate treatment.



### TIPS FOR SAFE STROLLING

Don't wear tight, elastic or thick, bulky socks.



Don't let your feet get wet in snow or rain – wear warm socks and waterproof shoes in the winter.



Don't walk barefoot, even at home! You can easily get a scratch or cut.



## CHARCOT FOOT

Charcot Foot is a weakening of the bones and joints that occurs in people with significant nerve damage (neuropathy).

### SYMPTOMS INCLUDE:

swelling, redness, heat, insensitivity of the foot, with or without pain.

### WHAT TO WATCH FOR...

Keeping blood sugar levels under control can help reduce the progression of nerve damage in the feet.

Check both feet everyday and see a foot and ankle surgeon immediately if you notice signs of Charcot Foot.



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