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Important Foot Care for Diabetic Patients

1. Your foot health status can change. Your feet should be professionally examined at least twice a year.
2. Wash your feet daily and dry them well. Always wear clean socks or hosiery. Avoid stretch hosiery. Try to buy hosiery with as much cotton and as little synthetic fiber as possible.
3. Inspect your feet daily. Check for redness, blisters, cuts or scratches, cracks between toes, discolorations, or any other change. Monitor minor abrasions, keep them clean, and treat with an antiseptic recommended by your Doctor. If you notice infection, change, or abnormality, call our office promptly. Because diabetes may cause loss of feeling in your feet, regular inspection is essential. You could have an infection and not know it.
4. Avoid actions that may restrict circulation to your feet, such as smoking, sitting with your legs crossed, and exposing your feet and legs to cold or heat, such as prolonged sunlight.
5. Avoid burns, including excessive sunburn. Do not put your feet in hot water or add hot water to a bath without testing the water temperature. Avoid hot water bottles and heating pads.
6. Do not use over-the-counter corn cures. These preparations contain acid and can destroy tissue. Once tissue is lost, you can develop breaks in the skin which can cause infection.
7. Prevent unnecessary cuts and irritations. Do not walk bare foot, wear run-down shoes or worn hosiery. Do not treat your own foot problems with sharp instruments or dig into the corners of your toenails.
8. When toenails are trimmed, be sure they are straight across, and not below the top of the toe.
9. Wear shoes that fit. The widest part of the shoe should match the widest part of your foot. The shoe should follow the natural outline of your foot and be snug, but not tight. In general, shoes should have a firm heel counter that will keep the foot in place in the shoe. The heel should give a wide base of support. The toebox should have room enough for the toes to move. The sole should be stiff across the arch and provide protection and cushion for the forefoot.