



Foot Care

Check your feet every day. Use a mirror if you need to.

Notify your doctor if you see:

Discoloration, pain, swelling, or redness

Red areas or blisters could mean poor fitting shoes

Cuts or scrapes that do not heal

Pain in calves when walking or exercising

Ingrown toenails

Corns or calluses

Puncture wounds

Any injuries to feet

Wash your feet every day with **warm water**, not hot water.

Dry your feet well, especially between your toes.

Use **lotion** on the tops and bottoms of your feet, not between toes.

Use pumice to **smooth** corns and calluses gently.

--- NO SHARP OBJECTS ---

Trim nails straight across. Use Emory board to smooth edges.

Wear **shoes and socks** at all times. NEVER go barefoot.

Check your shoes for **objects** each time you put them on.

Shoes should have **good support** with **wiggle room** for your toes.