



Diabetic Foot Care

McCleve Orthotics and Prosthetics is committed to helping you maintain the health of your feet. However, you must also be responsible for your own health. Wearing what your doctor has prescribed is only a small part of your care. There are many factors that will affect the health of your limb: following your doctor's orders, good hygiene, and proper diet. Diabetes can be a very complicated and progressive disease. Diabetes often causes nerve damage leaving the feet insensitive to pain.

A diabetic's feet are in danger of irritations and infection that may not be noticed because of the lack of feeling. Complications from diabetes may also decrease blood flow to the feet making it more difficult for a sore to heal. High blood sugar can also decrease the body's ability to fight infection. It is important that you follow instructions to prevent serious consequences such as ulcerations and possible amputation. Keeping your blood sugar level in control and taking care of your feet can help to prevent a serious problem in the future.

Listed below are guidelines on how to care for diabetic feet:

1. Inspect your feet daily. Check carefully between the toes. Look for cuts or sores, changes in skin color, bleeding, tenderness, swelling, and areas of high temperature. Any major change should be reported to your doctor immediately. If necessary, use a hand mirror to check the bottoms of your feet. If you have poor eyesight, enlist the help of a family member or friend to inspect your feet. Have a thorough foot examination by a professional every 3 to 6 months. If you have had problems with your feet, the examinations by your doctor should be more frequent.
2. Bathe your feet daily in lukewarm water with mild soap and rinse thoroughly. Pat your feet dry with a soft towel making sure to dry between the toes. Do not soak your feet. Use a light dusting of talcum powder or cornstarch to keep the skin between your toes dry.
3. Lotion is ok to prevent cracking on the tops or bottoms of the feet. Never use lotion or cream between the toes.
4. Always wear clean socks. Do not wear socks that are too tight. Discard socks with holes and with seams.
5. Wear shoes that fit properly. Shoes should be well cushioned and roomy. Don't wear shoes with high heels or pointed toes. Avoid plastic or vinyl shoes. If necessary, your doctor may prescribe extra-depth or custom-molded shoes.
6. Shake your shoes before putting on to remove any pebbles or debris.



7. Do not wear shoes without socks.
8. Break in new shoes gradually.
9. Do not wear sandals with thongs between the toes.
10. Do not attempt to trim your own toenails, corns, or calluses or use commercial corn remedies unless given the ok by your doctor. Seek professional advice.
11. Do not walk barefoot, not even indoors.
12. Avoid extremes of heat or cold. Never use hot water bottles or heating pads.
13. Check your feet often in cold weather to prevent frostbite.
14. Avoid wearing anything tight around the legs or ankles.
15. Do not use adhesive tape on the feet.
16. Keep your feet elevated when you are sitting.
17. Do not sit or sleep with legs or ankles crossed.
18. Be more active. Walking, dancing, swimming, and bicycling are easy on the feet.
19. Keep your weight in check.
20. Avoid smoking.
21. Avoid alcohol.
22. **KEEP YOUR BLOOD GLUCOSE LEVEL UNDER CONTROL!!!**