

**I can't see my feet, my vision is bad,  
and I can't bend my legs to see my feet.**

Using a magnifying mirror to see your feet will assist with viewing difficult areas that you cannot reach. Or, have a caregiver help you with inspecting, cleaning and moisturizing your feet daily will help keep your skin soft, toenails clean, and your feet less smelly. Loss of protective sensation may happen therefore burns can occur in a footbath. It is recommended to clean feet with a warm washcloth or test the water with your elbow or have a caregiver check the temperature for you.

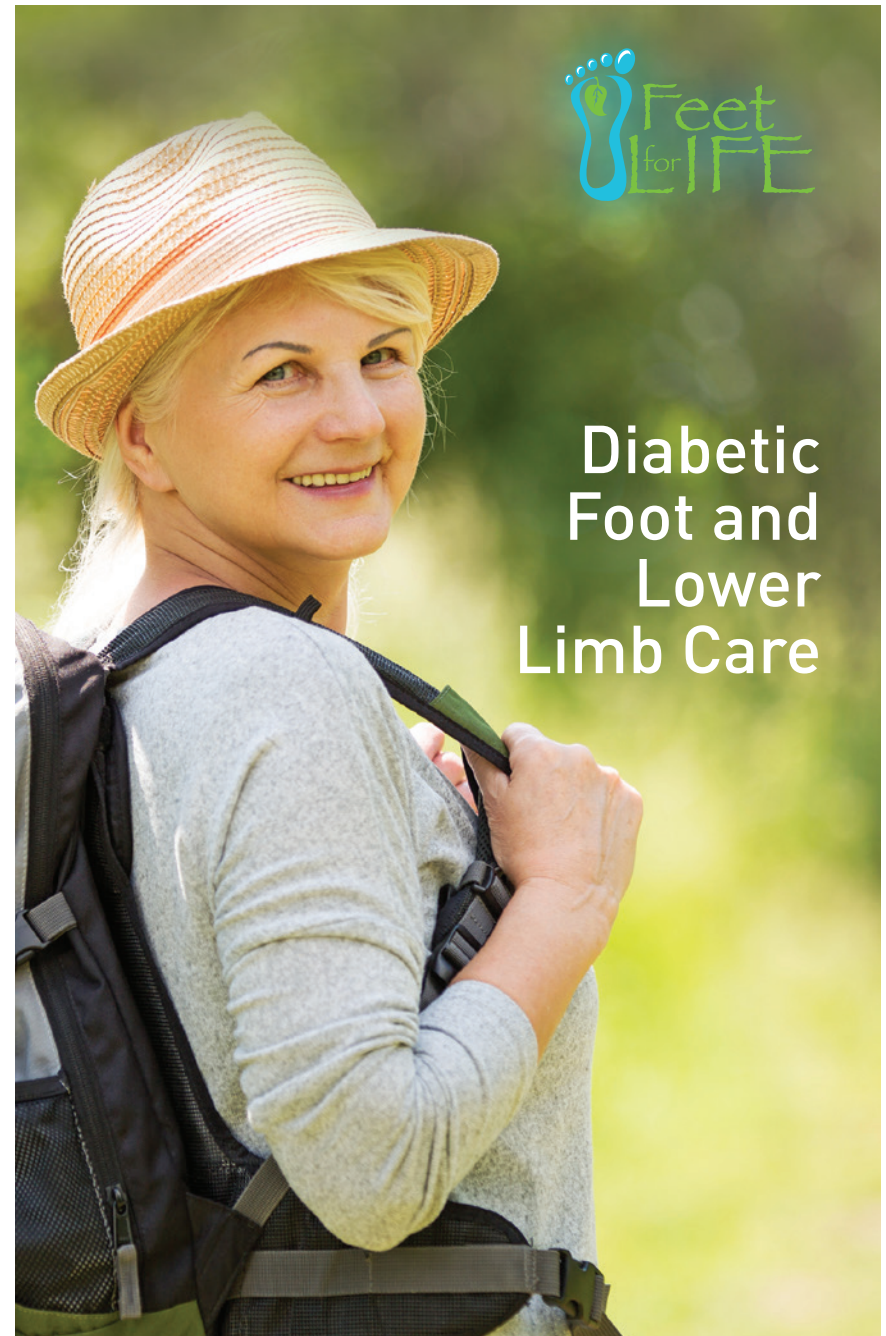
**I am not strong enough to clip my toenails.**

Arrange for routine foot care appointments with one of our Podortho Nurses. We will perform safe filing of your calluses, provide corn and bunion care, clip your toenails and apply lotion to your feet. You must continue with routine foot care at home, daily cleaning and inspections are essential to preventing foot complications.



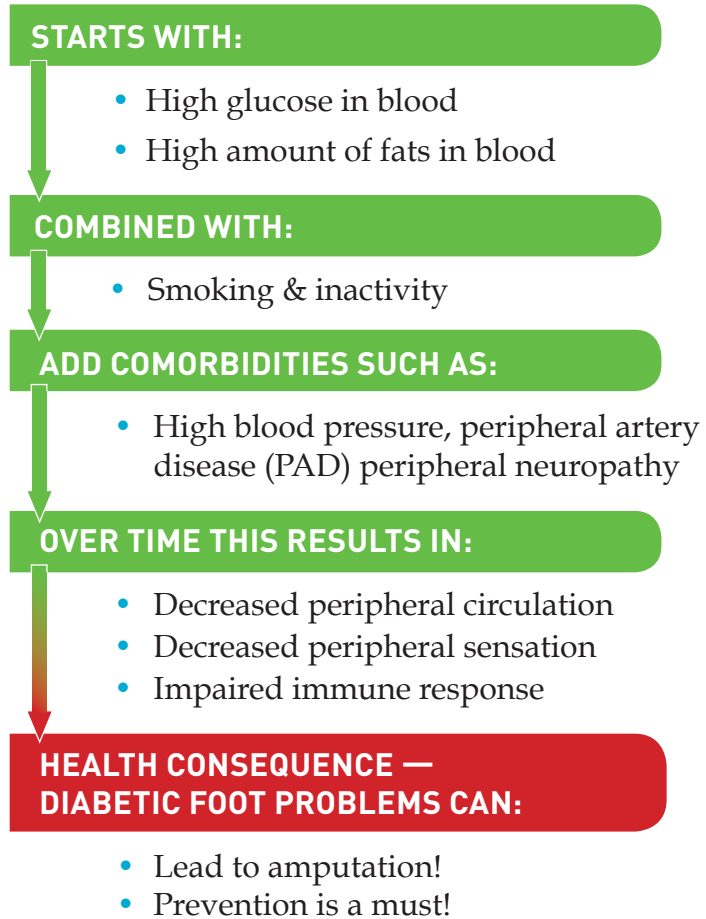
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## Why are diabetics prone to foot problems?



## What can I do to prevent foot problems?

- Lifestyle modifications
- Control blood glucose
- Monitor glucose levels
- Take medication as prescribed
- Routine foot care

## Home care considerations

### 1. CLEANING

- Wash feet in warm water with mild soap
- Dry feet well, remember to dry between toes!
- Gently remove debris from underneath toenail
- Clip toenails to the shape and contour of your digit; remember not too short\*\*
- Apply diabetic friendly lotion or mouse

### 2. INSPECTING

Use a mirror if necessary, to view whole foot

- Look for pressure areas — red, indented or inflamed areas
- Look for cuts or splits in skin--between toes and heels
- Look for bruises or blisters
- Look for red areas around toenails

### 3. FOOTWEAR

- Socks should be clean, dry and fit well, not too loose or tight
- White colored socks are preferred to see evidence of drainage (blood)
- Shoes should fit properly and have enough room in toe box considering depth and width to not crowd toes causing overlapping or pressure on the top of the toes
- Avoid walking barefoot
- Use sunscreen if wearing sandals

### 4. VISIT OUR PODORTHONURSE FOR PROPER MEDICAL FOOT CARE AND LOWER LIMB ASSESSMENTS

