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Foot Care Tips for a Lifetime

- 1. Take care of your diabetes.**
Work with your doctor to keep your blood sugar within a good range.
- 2. Be more active and eat right.**
Plan your physical activity program and diet with your doctor. Call the Center Ohio Diabetes Association at (614) 884-4400
- 3. Check your feet every day.**
Look at your bare feet and socks every day for cuts, blisters, red spots, and swelling. Use a mirror to check the bottoms of your feet or ask a family member for help if you have trouble seeing.
- 4. Wash your feet often.**
Wash your feet in warm, **not hot**, water. Dry your feet well. Be sure to dry between your toes.
- 5. Keep the skin smooth and soft.**
Rub a thin amount of skin lotion on your feet, but **not** between your toes. Use prescription creams daily if given.
- 6. Wear shoes and socks at all times.**
Never walk barefoot. Wear soft, comfortable shoes that fit well and protect your feet. Feel inside your shoes before putting them on each time to make sure the lining is smooth and there are no objects inside.
- 7. Protect your feet from the hot and cold.** Wear shoes outside or on hot pavement. Wear socks at night if your feet get cold. Don't test bath water with your feet. Don't use hot water bottles or heating pads and don't rest feet on a heater. Always use caution with hot water.
- 8. Keep the blood flowing to your feet.** Put your feet up when sitting to prevent swelling. Wiggle your toes and move your ankles up and down regularly. Don't cross your legs for long period of time. Don't smoke.
- 9. Check with your doctor.**
Have your doctor check your bare feet and find out whether you are likely to have serious foot problems. Remember that you may not feel the pain of an injury. Call your doctor right away if you find a cut, sore, blister, or bruise on your foot that does not begin to heal after one day. Follow your doctor's advice about foot care.
- 10. Get started now.**
Begin taking good care of your feet today. Set a time every night to check your feet.