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DIABETIC FOOT CARE

We in Affiliates in Foot Care believe it is important to educate our diabetic patients on the proper care of their feet. Most diabetic foot complications can often be prevented by proper monitoring and care on a regular basis. The following are some guidelines which should be performed regularly:

- 1. Inspection** - Inspect feet daily by looking on the top and bottom of both feet to evaluate for any open lesion or area of skin irritation which can result in skin breakdown. If you are unable to bend down to look at the bottom of your feet, a mirror should be placed against a wall and angled so that the bottom of the foot can be visualized. If you are unable to visualize your foot, a family member or a caretaker should do this daily. If anything unusual is detected on the foot, you should call the office immediately.
- 2. Shoegear** - No barefooted activity! A slipper or a shoe should be worn at all times while weightbearing. Walking with stockings is considered barefooted and therefore should not be done. Prior to putting on a shoe, you should look, shake and feel. The shoe should be inspected to make certain that there are no foreign objects in the shoe or have penetrated through the sole of the shoe. The shoe should be shaken upside down so that if anything is contained inside the shoe, it will fall out. You should slide your hand inside the shoe to make certain that there are no rough seams or irregularities that could potentially cause irritation. If you purchase a new pair of shoes, a break-in-period should be performed in 20 minute intervals. During this time you should inspect your feet to look for points of irritation, redness, or blistering. If any of this occurs, you should stop wearing those shoes and notify the office immediately. It is advised that your shoegear be rotated, alternating days in shoes to allow them to dry and prevent accelerated shoe breakdown. You should spray lysol disinfectant inside your shoes weekly to prevent accumulation of bacteria and fungus.
- 3. Self-treatment** - Self-treatment should be limited. No sharp objects or instruments should be used for self-treatment. You may use an emory board to gently file the ends of the nails, but should not try to cut your nails.
- 4. Moisturizing treatments** - a fragrance free moisturizing agent should be applied daily on the top and bottom of the foot but not between the toes. In addition, soaking or using adhesives on the skin should be avoided.
- 5. Injury** - If any injuries were to occur such as from falling, twisting or cutting your foot, contact the office immediately!

By following these simple instructions on a routine basis, you can prevent many of the pedal complications which can often arise with diabetes. If you suspect any problems or have any questions do not hesitate to call our office.