

AUSTIN BONE AND JOINT CLINIC

PROFESSIONAL ASSOCIATION

ORTHOPEDIC SURGERY
WITH SPECIAL INTEREST IN
TOTAL JOINT REPLACEMENT
ARTHROSCOPY AND KNEE SURGERY
HAND AND SHOULDER RECONSTRUCTION
PEDIATRIC ORTHOPEDICS
FOOT SURGERY

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Patient Instructions For The Care Of The Diabetic Foot

1. Do not smoke.
2. Inspect toes and between toes daily for blisters, cuts, and scratches.
The use of a mirror can aid in seeing the bottom of the feet.
3. Wash feet daily and dry carefully, especially between toes.
4. Use lubricants for dry skin--do not put between toes.
5. Avoid extremes of temperature. Test water before bathing.
6. If feet feel cold at night, wear socks; do not apply hot water bottles or heating pads.
7. Do not use chemical agents for the removal of corns and calluses.
8. Inspect inside of shoes daily for foreign objects, nail points, and torn linings.
9. Wear properly fitted stockings; do not wear mended stockings. Avoid stockings with seams, and change them daily.
10. Do not wear garters.
11. Make certain that shoes are comfortable at the time of purchase. Do not depend on them to "stretch out".
12. Wear shoes made of leather, not man-made materials.
13. Break in shoes gradually.
14. Tie shoe laces over top of shoes, not crisscross over tongue of shoe: this avoids pressure on top of the foot.
15. Do not wear shoes without stockings.
16. Do not wear sandals with thongs between the toes.
17. Do not walk barefooted, especially on hot surfaces such as sandy beaches or around swimming pools.
18. Cut nails straight across.
19. Do not cut corns and calluses: follow special instructions from your physician or podiatrist.
20. See your physician regularly and be sure that your feet are examined at each visit.
21. If your vision is impaired, have a family member inspect your feet daily, trim nails, and buff down calluses.
22. Be sure to inform your podiatrist that you are a diabetic.