

Table 5

Foot Care Education^{2,7,9,16}

- › Wash feet daily, drying well between toes. Do not soak.
- › Moisturize daily with a good lotion. Do not allow lotion between toes.
- › Inspect and feel the feet and toes daily for redness, blisters, cracks, calluses and sores.
- › Contact your provider promptly if you find anything unusual.
- › Talk to your healthcare provider about weight-loss strategies.
- › Stop smoking.
- › Wear thick, soft socks. Avoid socks with seams.
- › Cut toenails straight across. Use an emery board to smooth sharp edges.
- › Talk to your provider about appropriate exercise.
- › Be properly measured and fitted each time you buy shoes.
- › Don't go barefoot — ever.
- › Don't wear high heels, sandals or shoes with pointed toes.
- › Drink alcohol in moderation.
- › Do not use over-the-counter corn or wart removers on your feet.