



Diabetic Foot Care

Scheck and Siress is committed to helping you maintain the health of your feet. However, you must also be responsible for your own health. Wearing what your doctor has prescribed is only a small part of your care. There are many factors that will affect the health of your limb: following your doctor's orders, good hygiene, and proper diet. Diabetes can be a very complicated and progressive disease. Diabetes often causes nerve damage leaving the foot insensitive to pain. The diabetic foot is in danger of irritations and infection that may not be noticed because of the lack of feeling. Complications from diabetes may also decrease blood flow to the foot making it more difficult for a sore to heal. High blood sugar can also decrease the body's ability to fight infection. It is important that you follow instructions to prevent serious consequences such as ulcerations and possible amputation. Keeping your blood sugar level in control and taking care of your feet can help to prevent a serious problem in the future.

Listed below are guidelines on how to care for diabetic feet:

1. Inspect your feet daily. Check carefully between the toes. Look for cuts or sores, changes in skin color, bleeding, tenderness, swelling, and areas of high temperature. Any major change should be reported to your doctor immediately. If necessary, use a hand mirror to check the bottoms of your feet. If you have poor eyesight, enlist the help of a family member or friend to inspect your feet. Have a thorough foot examination by a professional every 3 to 6 months. If you have had problems with your feet, the examinations by your doctor should be more frequent.
2. Bathe your feet daily in lukewarm water with mild soap and rinse thoroughly. Pat your feet dry with a soft towel making sure to dry between the toes. Do not soak your feet. Use a light dusting of talcum powder or cornstarch to keep the skin between your toes dry.
3. Lotion is ok to prevent cracking on the tops or bottoms of the feet. Never use lotion or cream between the toes.
4. Always wear clean socks. Do not wear socks that are too tight. Discard socks with holes. Avoid socks with seams.

Bannockburn 2101 Waukegan Road, Suite 104 Bannockburn, IL 60015 847-444-0690	Lincoln Park/Chicago 2551 N. Clark St., Suite 200 Chicago, IL 60614 773-472-3663	Rush/Chicago 1725 W. Harrison St., Suite 220 Chicago, IL 60612 312-942-2011	UIC/Chicago 1740 W. Taylor St. Room C100 Chicago, IL 60612 312-996-6450	Hickory Hills 8641 W. 95 th St. Hickory Hills, IL 60457 708-599-8336
Naperville 1551 Bond St., Suite 111 Naperville, IL 60563 630-637-4638	Oakbrook Terrace 1S376 Summit Ave., Ct. E Oakbrook Terrace, IL 60181 630-424-0392	Oak Park 401 Harrison Street Oak Park, IL 60304 708-383-2257	Schaumburg 1701 E. Woodfield Rd., Ste 555 Schaumburg, IL 60173 847-619-1701	Schererville 6629 W. Lincoln Hwy. (Rt. 30), Suite 1 PO Box 507 Schererville, IN 46375 219-864-9501



5. Wear shoes that fit properly. Shoes should be well cushioned and roomy. Don't wear shoes with high heels or pointed toes. Avoid plastic or vinyl shoes. If necessary, your doctor may prescribe extra-depth or custom-molded shoes.
6. Shake your shoes before putting on to remove any pebbles or debris.
7. Do not wear shoes without socks.
8. Break in new shoes gradually.
9. Do not wear sandals with thongs between the toes.
10. Do not attempt to trim your own toenails, corns, or calluses or use commercial corn remedies unless advised by your doctor.
11. Do not walk barefoot, not even indoors.
12. Avoid extremes of heat or cold. Never use hot water bottles or heating pads.
13. Check your feet often in cold weather to prevent frostbite.
14. Avoid wearing anything tight around the legs or ankles.
15. Do not use adhesive tape on the feet.
16. Keep your feet elevated when you are sitting.
17. Do not sit or sleep with legs or ankles crossed.
18. Be more active. Walking, dancing, swimming, and bicycling are easy on the feet.
19. Keep your weight in check.
20. Avoid smoking.
21. Avoid alcohol.
22. KEEP YOUR BLOOD GLUCOSE LEVEL UNDER CONTROL!!!

Bannockburn 2101 Waukegan Road, Suite 104 Bannockburn, IL 60015 847-444-0690	Lincoln Park/Chicago 2551 N. Clark St., Suite 200 Chicago, IL 60614 773-472-3663	Rush/Chicago 1725 W. Harrison St., Suite 220 Chicago, IL 60612 312-942-2011	UIC/Chicago 1740 W. Taylor St. Room C100 Chicago, IL 60612 312-996-6450	Hickory Hills 8641 W. 95 th St. Hickory Hills, IL 60457 708-599-8336
Naperville 1551 Bond St., Suite 111 Naperville, IL 60563 630-637-4638	Oakbrook Terrace 1S376 Summit Ave., Ct. E Oakbrook Terrace, IL 60181 630-424-0392	Oak Park 401 Harrison Street Oak Park, IL 60304 708-383-2257	Schaumburg 1701 E. Woodfield Rd., Ste 555 Schaumburg, IL 60173 847-619-1701	Schererville 6629 W. Lincoln Hwy. (Rt. 30), Suite 1 PO Box 507 Schererville, IN 46375 219-864-9501
