

# Healogics®

The power to heal

## FOOT HEALTH & PREVENTING WOUNDS

### GENERAL FOOT CARE TIPS TO HELP PREVENT ULCERS

Non-healing wounds can greatly limit your mobility and quality of life. If left untreated, they can even lead to amputation.

Anyone can develop a foot ulcer, but you are at greater risk if you are living with:

- Diabetic Neuropathy (loss of feeling in the foot)
- Deformity of the foot
- A history of prior foot ulcers
- Previous amputation



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## Help Prevent Foot Ulcers with These Basic Steps:

- Don't go barefoot indoors or outdoors.
- Look at your feet daily. Use a mirror to look for any open cuts or wounds and make sure to look between your toes. Ask a family member or friend to help if necessary.
- Wash your feet daily. Dry between your toes. Do not use powder.
- Avoid getting your feet too hot or too cold.
- If your feet become dry, moisturize them. Spread a thin film of moisturizing cream or plain petroleum jelly on the soles of your feet while still damp after bathing. Take care not to get the cream between your toes.
- Don't use garters or elastics to hold up your stockings.
- Don't use panty girdles that are tight around your legs.

## Foot Wear Tips

- Buy shoes with the support that will protect your toes. Buy comfortable shoes that fit. A clerk can help fit them for you.
- Buy new shoes late in the day. Feet can get bigger during the day and the shoes may be too tight.
- Shoes with soft leather uppers can mold to the shape of your feet. The new walking or running shoes may be good for your feet.
- Wear new shoes with socks or stockings.
- Have your physician look at your new shoes. Your physician can see if they are a good fit.
- Do not wear your new shoes more than two hours at a time. New shoes can rub or cause pressure areas.
- Put your hand in your shoes each morning before you wear them. Check for any object that may harm your feet.
- Check with your doctor before wearing sandals. In particular, if the sandals have a piece between the toes. Don't buy shoes with open toes or heels.

## Hosiery

- Socks or stockings should be made of 100% cotton or blends. Wool should only be worn in winter and should not rub on your skin. Check with your physician or podiatrist for socks made just for people with diabetes.
- Never wear socks with seams.
- Do not wear socks with holes in them.
- Look at your socks or stockings before and after you wear them.
- Wear absorbent socks. Change them during the day when needed.
- Wear only clean socks and change them every day.

## Follow Up with Your Physician or Podiatrist

Be sure to see your doctor for a foot checkup at least twice a year and make sure they know if you are a diabetic. Notify your physician or podiatrist if you develop a blister or sore on your foot.

**Check your lower legs, ankles, feet and toes for open sores or spots daily. Take off your shoes at every healthcare appointment. Find specialized care for non-healing wounds at [www.healogics.com](http://www.healogics.com).**