



HOW TO HAVE HAPPY FEET

Foot Care DOs and DON'Ts



DO



Wash Feet Daily with warm water and soap and dry between toes



Trim Toenails carefully or see a podiatrist with any concerns



Check Feet Daily or ask for help



Wear proper fitting shoes



Keep Skin Soft with non-alcohol lotion



DON'T



Go Barefoot always wear shoes and socks



Expose Your Feet to extreme temps



Attempt to Treat cuts, sores or infections yourself

BE ON THE LOOKOUT FOR



- Sores, cuts, bruises, breaks in the skin
- Rashes
- Corns, calluses, blisters
- Hot or cold spots
- Swelling or pain
- Ingrown toenails
- Dry skin

CHECK IN WITH THE EXPERTS



Keep in touch with your medical provider and a vascular expert *at PVA*. Having a close watch over your foot and vascular issues will help prevent serious conditions before they start.

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