



FOOT CARE PLAN

Wash your feet each day with warm, not hot, water and a mild soap or cleanser. Dry your feet gently and well. Be sure to dry between the toes.

Keep the skin soft and smooth. If your skin is dry, apply a thin coat of cream or lotion that does not have alcohol over the top and bottom of your feet, but NOT between the toes.

Trim your toenails straight across and file the edges. Rounded edges help prevent ingrown toenails that can cause infections. If your nails are thick or hard to trim, go to a health care provider to trim your toenails.

Check your feet every day. Look at the tops, bottoms and sides of your feet as well as between your toes. Use a mirror or ask a family member or friend to help if you have trouble seeing your feet.

THINGS TO LOOK FOR ON YOUR FEET:

- Sores, cuts, bruises or breaks in the skin
- Rashes
- Corns, calluses & blisters
- Hot or cold spots
- Red spots & swelling
- Ingrown toenails & toenail infections
- Bumps or dry skin
- Pain

Wear shoes and socks at all times. Do not walk barefoot when indoors or outside. You may not know that you hurt yourself.

Protect your feet from hot and cold. Keep your feet away from heaters and open fires. Do not put hot water bottles or heating pads on your feet.

Promote blood flowing to your feet. Put your feet up when you are sitting. Do not wear tight socks or stockings around your legs.

Do not try to take care of cuts, sores or infections yourself. Some over-the-counter foot care products can harm your skin, making problems worse. **If you find any foot problems, call your health care provider right away.**