

TAKE CARE OF YOUR FEET

There are many preventative measures you can take to improve your foot health.

Get regular foot exams and alert your doctor to any problems with your feet.

Annual foot exams are recommended if you are living with diabetes, a heart condition, or other vascular disorders. You can also perform regular **self-foot checks** to help identify wounds early and prevent wound-related complications.

HOW TO PERFORM A SELF FOOT CHECK:

Sit in a well-lit room. Examine your feet closely. You can use a magnifying glass and/or mirror to help see the bottom of your feet and between your toes. Ask a family member or friend for help, if needed.

LOOK FOR:

RED SPOTS

CUTS

SWELLING

BLISTERS

TOENAIL CRACKS

SORES

ANY INJURIES



Wash your feet daily with warm water and mild soap, and use moisturizing lotions. Dry them with care, especially between the toes.



Always wear socks and shoes that are comfortable and fit well. Check your shoes for any objects, tears or sharp edges. Never walk barefoot.



Exercise as you are able. Physical activity can help increase circulation in your feet. Consult your healthcare team to see which exercises are right for you.



WHEN TO CALL YOUR HEALTHCARE PROVIDER

Wound Care Centers® specialize in treating chronic wounds and non-responsive conditions. Talk to your healthcare provider about the options available to you.

You should call your healthcare provider immediately if you have any of the following symptoms:



- A blister, cut, or other foot injury that doesn't start to heal after a few days
- A foot injury or wound that feels warm to the touch
- Tingling, numbness, pain, swelling, burning sensations or difficulty walking
- Redness around a foot injury
- A callus with dried blood inside it
- Wounds that are dark and smelly, which may be a sign of gangrene

Logo for Wound Care Center®

[Center Name]

[Center Name 2]

[Address 1]

[Address 2]

[City, ST 00000]

P: [000.000.0000]

F: [000.000.0000]

[www.website.com]

[Center Name]

[Center Name 2]

[Address 1]

[Address 2]

[City, ST 00000]

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