

Ten Steps for Client Home care

1. Inspect Your Feet

Make sure to inspect your feet daily. Any signs of trauma such as redness or blisters, cuts, cracks, swelling or color changes should be reported to your foot care provider immediately. Using a mirror can help you see all areas on the bottoms of your feet.

2. Does The Shoe Fit?

Be certain that your shoes fit with room to wiggle your toes. Look inside your shoes before putting them on, in case there are any foreign objects hiding, such as gravel, which could cause sores or irritation. Wear clean well-fitting socks.

3. Toe the Line

Wash feet every day and make sure that you dry them thoroughly. Inspect between your toes.

4. Nail Care

Always cut nails straight across and then smooth the edges with an emery board. Do not cut into the corners. For ease in cutting toenails, trim them after your bath or shower. If you cannot reach your toes, do not cut the nails; let your foot care person take care of trimming nails.

5. Do Not Self-Treat

See a foot care provider for corns, calluses or ingrown toenails. Do not attempt to self-treat these conditions.

6. Prevent Cracking

If your skin is dry, apply mousse base product (non-occlusive) to feet and heels. Heavy creams and salves occlude the skin, and if cream sits in the crevices it can make it more susceptible to infection.

7. Keep Circulation Flowing

Try not to cross your legs when you sit down. This can limit circulation.

8. Keeping It Moderate

Protect your feet from extremes in temperature. Keep bath water temperate in the 85 - 90 F degree range (30-32 C). If neuropathy is present, you may not be able to feel if the water is too hot, and burns could result. Never use heating pads or hot water bottles. Protect your feet from temperatures that are too cold, as well. Prolonged cold can decrease circulation even more.

9. Pump It Up

Ask about an exercise program that's right for you. Regular exercise improves circulation to all your extremities.

10. Last but Never Least

It's so important to practice preventative care like the tips listed here, every day. If you notice anything that does not look normal please follow up with your healthcare professional immediately. Also, for ultimate foot health, make sure that your healthcare professional assesses your feet at every routine visit.