

DIABETIC



HAPPY FEET

*Daily Foot Care for the Diabetic
Dialysis Patient*



DAILY DIABETIC FOOT CARE



Please check your feet daily for redness or open sores!

Check between your toes thoroughly.



Check the bottom of your feet with a mirror. Look for open sores, cuts or infection.

**Wash your feet everyday
with soap and water.
Water should be warm,
NOT HOT!**

26° - 35° Celsius

78° - 95° Fahrenheit



**Dry your feet
completely after
washing. Make sure
to dry between
your toes!**

Perfect from Top to Bottom !



UNHAPPY FEET



**REPORT ANY MINOR CUTS, SCRAPES,
REDNESS OR POSSIBLE INFECTION TO
YOUR DOCTOR OR DIALYSIS STAFF
IMMEDIATELY!**

PROTECT YOUR FEET

- ♥ Always wear shoes at home, on the beach or during dialysis. Never go barefoot!
- ♥ Shop for shoes in the afternoon or evening to leave room for swelling of feet and better fit.
- ♥ Buy shoes big and wide enough so feet and toes don't rub the inside of the shoe.
- ♥ Break in new shoes slowly to avoid blisters.
- ♥ Choose socks without seams or holes.
- ♥ Always check your shoes before you put them on for anything inside that may rub on your foot.
- ♥ For less stress on your feet, wear shoes with low heels.
- ♥ Check the bottom of your shoes everyday for tacks or sharp objects that you may not feel poking your foot.
- ♥ Flip flop sandals are okay as long as you check your feet and toes everyday for possible injury.
- ♥ Do not take care of foot problems yourself!
- ♥ You may qualify for special shoes paid for by Medicare. Talk with your facility Social Worker.

Important Diabetic Facts!



Check Your Blood Sugar As Directed

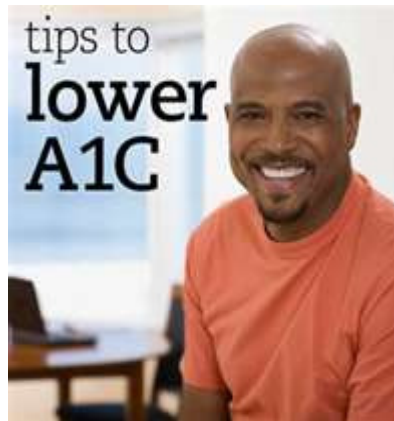
Visit your Doctor Every Year for a Diabetic Check-up



Know Your A1C Level



Do Daily Foot Care



Follow Your Diet and Exercise Often



Daily Foot Care Checklist

- Check your feet both top and bottom everyday. Check for sores, cuts or bruises, blisters and ingrown toenails.
- Wash your feet daily using warm, NOT HOT water. (Check the water temperature with thermometer, wrist or elbow.)
- Check between your toes when washing and drying your feet.
- Dry your feet and between your toes completely with a clean soft towel.
- If the skin on your feet is dry, apply lotion top and bottom, not between your toes.
- Protect your feet by wearing shoes at all times. Never go barefoot!
- Trim your toenails straight across and file the edges. DO NOT cut off calluses. Use a pumice stone gently to remove dry skin.
- If you have a foot injury or sore, call your doctor or report it to the dialysis facility immediately. DO NOT treat by yourself!



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