



DIABETIC SHOE CARE AND MAINTENANCE

1. Wear your Diabetic Shoes for 3-5 hours per day for the first week. After the first week gradually increase the time until you can wear the shoes all day.
2. Inspect your feet daily. This is especially important with new Diabetic Shoes. The shoe needs to break in and flex and may be a little stiff in the beginning.
3. If you experience severe discomfort or develop blisters, chaffing, reddened areas or swollen painful areas discontinue wearing the shoes and contact your doctor immediately.
4. Important. You must wear an approved sock or stocking garment with your diabetic shoes. **Never wear your shoes bare footed.**
5. Be sure to inspect your shoes by putting your hand inside the shoe. Feel for bumps and sharp edges and defects. Some patients with Diabetes may have neuropathy and may not be able to detect shoe defects by feeling with their feet. Also, inspect the insoles. Ensure the insoles do not have cuts, frayed edge's, excessive matting, crushing or odors. After 4 months regardless of the perceived condition of your insoles, throw them out and replace them with new ones.
6. Keep you shoe laces tied and Velcro free (if applicable) of debris. Do not put your shoes in the washer. If shoes become soiled, refer to manufacturer recommendations. In most cases mild soap and water can be used to wipe the out side of the shoes.
7. Use a mirror to inspect your feet daily. Be sure to view all areas of the foot. Use a shoe horn to prevent damage to your shoes and potential injury to your foot or heel area.
8. Shoe warranties vary according to manufacturer. All shoes are warranted for at least 60 days.

FOOT CARE ADVICE

A. FOOT CARE DO'S

- **DO CHECK YOUR FEET EVERY DAY FOR REDDENED AREAS, CUTS, BLISTERS, SORES, DRAINAGE, AND BRUISES**
- **DO HAVE SOMEONE ELSE CHECK YOUR FEET FOR YOU IF YOU ARE UNABLE TO DO IT**
- **DO CHECK THE BOTTOM OF YOUR FEET AS WELL AS THE TOP**

- **DO CALL YOUR DOCTOR IMMEDIATELY IF ANY UNUSUAL CHANGES OCCUR IN YOUR FEET (COLDNESS, DISCOLORATION, OR DEVELOPMENT OF A WOUND)**
- **DO WASH YOUR FEET EVERY DAY WITH A MILD SOAP AND LUKEWARM WATER. DO NOT SOAK YOUR FEET**
- **DO CHECK THE BATH WATER TEMPERATURE WITH YOUR ELBOW, NOT YOUR FEET, TO MAKE SURE IT IS NOT TOO HOT**
- **DO PAT YOUR FEET DRY WITH A SOFT TOWEL (REMEMBER TO DRY BETWEEN YOUR TOES)**
- **DO KEEP YOUR FEET WARM AND DRY. USE BLANKETS OR SOCKS TO WARM YOUR FEET (DO NOT USE A HEATING PAD OR HOT WATER BOTTLE)**
- **DO WEAR CLEAN SOCKS**
- **DO BREAK IN YOUR NEW SHOES GRADUALLY**
- **DO INSPECT YOUR NEW SHOES EVERY DAY FOR FOREIGN OBJECTS, TEARS, OR ROUGH SPOTS**
- **DO SEE YOUR FOOT CARE SPECIALIST REGULARLY FOR EXAMS**
- **DO USE A CANE OR WALKER IF SUGGESTED BY YOUR DOCTOR. MAKE SURE YOU CAN USE IT SAFELY**
- **DO WEAR, ANY SPECIAL SHOES OR DEVICES PRESCRIBED BY THE WOUND CLINIC STAFF. IF THEY ARE UNCOMFORTABLE OR YOU HAVE A PROBLEM, CALL THE WOUND CLINIC**

B. FOOT CARE DON'TS

- **DON'T WALK BAREFOOT INDOORS OR OUTDOOR**
- **DON'T TRY TO WARM YOUR FEET WITH HOT SOAKS, A HEATING PAD, OR A HOT WATER BOTTLE**
- **DON'T SIT CROSS-LEGGED**
- **DON'T STAND FOR PROLONGED PERIODS OF TIME (MORE THAN 15-20 MINUTES WITHOUT WALKING OR FLEXING YOUR CALF MUSCLES)**
- **DON'T PLACE PILLOWS UNDER YOUR KNEES**
- **DON'T WEAR SOCKS WITH HOLES**
- **DON'T CUT YOUR OWN TOENAILS**
- **DON'T USE ADHESIVE TAPE ON YOUR SKIN**
- **DON'T WEAR CONSTRICTING CLOTHING (GARTERS, GIRDLES, TIGHT BELTS). THEY DECREASE CIRCULATION TO YOUR LEGS**
- **DON'T USE CHEMICALS OR ANTISEPTICS TO REMOVE CORN OR CALLUSES**
- **DON'T WEAR OPEN-TOED SHOES**
- **DON'T APPLY LOTION OR CREAM BETWEEN YOUR TOES**
- **DON'T SMOKE OR USE TOBACCO PRODUCTS OF ANY KIND (SMOKING DECREASES CIRCULATION TO YOUR FEET)**
- **DON'T DRINK ALCOHOLIC BEVERAGES**