

Diabetic Foot Care

The leading cause of amputated limbs is Diabetes. It is 100% preventable.

1. **Look at your feet daily** to identify any wound asap and get proper early medical intervention.
2. **If you find a wound, it is a medical emergency** and you must seek immediate medical care.
3. **Lubricate your skin** with a cream (lidoderm based) every day especially after bathing which ironically dries out your skin.

Dry skin injures easily. Lubricated soft skin is less likely to injure.

4. **White sox** only. Colored sox have dies in them that can lead to infection. If you do develop a wound, you will see the drainage or blood though the white sox.
5. **Compression sox or Ted stockings.** Swelling is the enemy of circulation. Elevate your legs at least twice a day for 5 -10 minutes.
6. **Protect your feet.** Good shoes and slippers at all times. Never go bare footed.
7. **Orthotics** are indicated to balance the weight on your feet.

Modestly priced pre-fabricated orthotics that we recommend are called blue foot made by Birkenstock. Blue footbed arch support Casual 3/4 length with metatarsal pad.

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