



# PEABODY PODIATRY

Podiatrists - Foot Surgeons

6 ESSEX CENTER DRIVE, SUITE 208

PEABODY, MA 01960

www.peabodypodiatrist.com

TEL. 978-531-9969 • FAX 978-531-3745

## FOOT CARE GUIDE

The following recommendations are especially important for people with **Diabetes Mellitus, Peripheral Vascular Disease, and Peripheral Neuropathy** or any of the following foot problems: cold feet, recurrent pain in the feet or calves, burning or tingling to the toes, swelling to the feet, slowly healing foot wounds.

### DO:

- ✓ Check your feet daily for red areas, cuts, blisters, corns, etc., and be sure to check in between your toes.
- ✓ Wash your feet daily with warm water and mild soap and dry well afterward.
- ✓ Use a mild skin cream or lotion (Aveeno, Eucerin, Nivea, etc.) daily for dry, scaly skin – but don't put it between your toes or on cuts.
- ✓ Wear good fitting, comfortable, low heeled shoes.
- ✓ Wear clean, colorfast socks or stockings that fit well – No Garters.
- ✓ Have a family member or friend help you to check your feet if you can't see them well.

### DON'T:

- ✓ Soak your feet without checking the water temperature – Be careful not to burn your feet!
- ✓ Use commercial corn medicines or corn plaster, strong chemicals (such as Epsom salt boric acid, iodine, or hydrogen peroxide) or over-the-counter cortisone creams or medicines your doctor has prescribed for you on another part of your body.
- ✓ Treat corns, cuts, ingrown toenails or infections yourself – let your doctor be the doctor!
- ✓ Use tools designed for other purposes (fingernail scissors, razor blades, etc.) on your feet.
- ✓ Put heat or cold directly on your feet – no heating pads, hot water bottles or ice packs.
- ✓ Walk barefoot on hot sand or concrete
- ✓ Test the temperature in your bath with your feet – use an elbow or have a family member test it

## SHOE SHOPPING CHECKLIST

- Material – good quality leather or other material that allows the feet to 'breathe'
- Width – enough room for toes to wiggle and spread out
- Length – enough to avoid pressure on any of the toes
- Insole – smooth, soft, spongy
- Lining/Inside Stitching – smooth, no rough edges or rides that can cause irritation
- Sole – flexible but thick enough to protect and cushion the foot as you walk
- Heel – no higher than 1 ½ inches

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### PAUL PEICOTT, DPM, FACFAS

• FELLOW, AMERICAN COLLEGE OF FOOT AND ANKLE SURGEONS  
• DIPLOMATE, AMERICAN BOARD OF PODIATRIC SURGERY  
• DIPLOMATE, AMERICAN BOARD OF PODIATRIC ORTHOPEDICS  
AND PRIMARY PODIATRIC MEDICINE

### MATTHEW CAPOZZI DPM, AACFAS, CWS

• DIPLOMATE, AMERICAN ACADEMY OF WOUND MANAGEMENT  
• ASSOCIATE, AMERICAN COLLEGE OF FOOT AND ANKLE SURGEONS