

FOOT CARE

For Reduced Circulation and Diabetes

Introduction

If the circulation in the leg is poor, usually because of hardened arteries, the ability of the foot to heal after any injury is reduced and resistance to infection is weak. Also, in diabetes, the nerves to the foot can be affected leading to reduced sensation. This prevents normal protective responses to excessive pressure and rubbing and can lead to severe damage of the foot. For these reasons it is important that patients with bad circulation and/or diabetes take special care of their feet. The following measures will help prevent serious infections and injury to your feet.

1. Do not walk with barefeet.
2. Wash feet daily with warm but not hot water. Dry carefully, especially between the toes.
3. Regularly check for skin cracks or blisters including the soles of your feet. If you cannot see the sole of your foot get someone to help you.
4. Make sure your shoes are not too tight or loose. Wear new shoes for short periods initially.
5. Do not sit close to fires or radiators, or have a hot water bottle on the feet at night.
6. Change socks and stockings daily.
7. Cut toenails carefully. If this is difficult for you get the podiatrist to do them for you.
8. If you have corns or callus visit the podiatrist regularly.
9. If you develop a problem with the foot (pain, redness, ulcer, blister) consult your doctor or practice nurse as soon as possible.