FOOT CARE INSTRUCTIONS



INSPECT YOUR FEET DAILY



WEAR SHOES OR SLIPPERS AT ALL TIMES



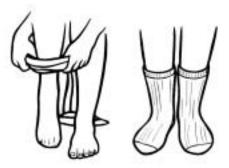
APPLY LOTION TO TOP



USE LUKE WARM NOT <u>HOT</u> WATER TO WASH FEET



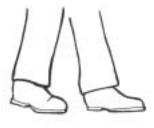
KEEP CUTS CLEAN AND REPORT IMMEDIATELY IF INFECTED



WEAR CLEAN WHITE SOCKS TO PROTECT FEET & KEEP WARM



CUT TOENAILS STRAIGHT ACROSS



WEAR SHOES MADE OF <u>LEATHER</u> THAT FIT WELL



HAVE YOUR FEET CHECKED BY A FOOT DOCTOR IF PROBLEMS OCCUR

LSCVAMC 0101 2/26/04

AVOID



AVOID HEATING PADS OR HOT WATER BOTTLES

AVOID TIGHT SOCKS

AVOID HOT WATER



AVOID DRY & CRACKED SKIN



AVOID SMOKING CIGARETTES



AVOID GOING BAREFOOT



AVOID TIGHT SHOES OF MAN MADE MATERIAL

AVOID USING CORN MEDICINES OR RAZORS OR KNIVES