

# FOOT CARE INSTRUCTIONS



INSPECT YOUR  
FEET DAILY



WEAR SHOES OR SLIPPERS  
AT ALL TIMES



APPLY LOTION TO  
TOP



USE LUKE WARM  
NOT HOT  
WATER TO  
WASH FEET



WEAR CLEAN WHITE  
SOCKS TO PROTECT  
FEET & KEEP WARM



WEAR SHOES  
MADE OF LEATHER  
THAT FIT WELL



KEEP CUTS CLEAN  
AND REPORT **IMMEDIATELY**  
IF INFECTED



CUT TOENAILS STRAIGHT  
ACROSS



HAVE YOUR FEET  
CHECKED BY A FOOT  
DOCTOR IF PROBLEMS OCCUR

# 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