## **FOOT CARE INSTRUCTIONS**



INSPECT YOUR FEET DAILY



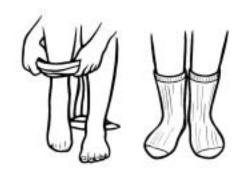
WEAR SHOES OR SLIPPERS
AT ALL TIMES



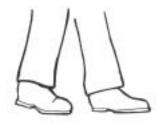
APPLY LOTION TO TOP



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



WEAR CLEAN WHITE SOCKS TO PROTECT FEET & KEEP WARM



WEAR SHOES
MADE OF <u>LEATHER</u>
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

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