

DO NOT

- DO NOT Use adhesive tape on skin unless under the care of the your podiatrist or use corn plasters or chemical agents for the removal of corns
- DO NOT Wear shoes with out socks or stockings or wear sandals or shoes with thongs between the toes. Do not wear shoes in which the toes hang over the front or shoes that are too tight or too big or rubber/ thin soled.
- DO NOT Sit with legs or ankles crossed especially if you have poor circulation.
- DO NOT Apply extreme temperatures to your feet without testing with your elbow or have some one test it for you. You may cause an ice burn or a heat burn.
- DO NOT Cut corns and calluses on your own.

DO NOT

- Go into the **sea** with out wearing protective shoes. They maybe very sharp rocks/ objects that can lead to damage to your feet. The sand can be **VERY HOT**.

DO NOT :

- ⇒ SMOKE
- ⇒ **WALK BAREFOOTED**
- ⇒ **DRINK ALCOHOL**
- ⇒ **SOAK YOUR FEET**
- ⇒ **WEAR INCORRECT FOOTWEAR**

Avoid the use of aloes, and other potions not studied these can lead to the rough road of foot disaster.

Listen to your podiatrist when it comes to foot care, they know best.

*Consult with a Podiatrist for assistance
Of the enclosed.*



Diabetic Do's & Don'ts



*Neglect of a diabetic foot problem can lead to
severe complications Leading to AMPUTATIONS*

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Diabetes affects about one quarter of our population.

We have about 200 amputations a year and more than 50% can be avoided if you do the right thing.

If you are diabetic you need to take footcare seriously. Healthy feet mean that you are aware of what is good and bad about your feet all the time.

REMEMBER THE FOUR C's

- ⇒ Clean
- ⇒ Cream
- ⇒ Clip
- ⇒ Check

Take Care of Your Pair!

• CLEAN

On a daily basis clean/wash your feet daily with warm water and dry between your toes carefully.

• CREAM

Cream/Moisturize your feet after drying carefully if the feet are a bit dry. Don't use cream between the toes. Use creams not oils. *Oils do not provide moisture.*

• CLIP

Cut toenails with a toenail clip (not with knives, razors, scalpels)

Did you know the colour blue is associated with Diabetes? Wear blue in November to show your support!



• CHECK

- Examine feet daily. If you have poor eyesight, have a relative or friend examine them for you. Become familiar with your feet and look out for things like cuts, blisters, scratches and discolorations, swelling, warmth and redness.

- Inspect your shoes and socks daily for objects that may not be felt by the feet due to the loss of feeling in your feet (neuropathy). Select fitted, seamless socks and do not wear mended socks or hosiery.

See our flyer on Buying and Fitting shoes should you need that perfect pair!

A Registered Podiatrist can treat all corns and calluses.