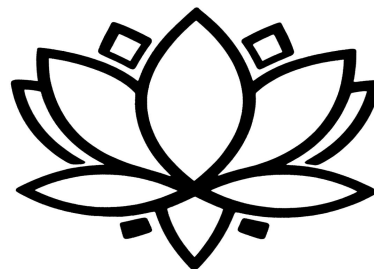


Your milestones

What can progress look like?

The answers to the following questions at your podiatry practice can help show your progress:

- ? Are my toenails shortened in the right way?
- ? Have calluses or hard skin become less?
- ? Have corns / athlete's foot / _____ improved?
- ? I currently use the following foot cream or foot foam: _____
- I do not find it suitable for me personally. Is there something that would fit better for my needs?
- ? I currently use the following foot cream or foot foam _____
- What do you think about its effect? Would another care product be more useful, for example one that helps reduce inflammation?
- ? Feet also recover during the night. Should I give my feet more intensive care at night from time to time? If yes, how:
foot mask / rich cream with socks over it / something else: _____?
- ? What kind of foot massage is suitable for my feet?
Can I do it myself?
- ? What do you think about my shoes?



May your feet continue to carry you well through life.

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Fussnetz Bayern

Interdisciplinary Care
For Diabetic Feet

Good for your feet – good for you

Many people harm their feet by wearing unsuitable shoes, or by using scissors, metal files or clippers that can cause injuries.

They also harm their feet by not paying enough attention to them.

If you have diabetes mellitus, you need a better way to care for your feet.

Over time, poor blood flow and nerve damage can reduce feeling in your feet. You may no longer notice injuries. This increases the risk of wounds that heal badly.

You can reduce this risk by using good judgement and regular care routines.

Treat yourself from time to time to a pleasant-smelling foot care cream and healthy shoes. Shoes can be comfortable and still look good. This can also help you feel better about yourself. **Read here how to follow this path.**

Use this handout and put it somewhere visible, e.g. on the inside of your wardrobe door.

Socks and shoes

- Wear light-coloured socks made from breathable material. They should have no seams and no tight elastic band. They should be washable at 60°C. Change them every day.
- If you do not use insoles yet: before buying shoes, make yourself a foot template. To do this, draw the outline of your foot on a piece of cardboard.
- If you use insoles: Try on shoes in the shop with your insoles.
- Only use insoles that have been individually fitted for you.
- Feet can swell during the day. For this reason, buy shoes in the afternoon or evening.
- Buy shoes that do not feel tight. They should give enough space over the instep and around the toes, about 1 cm. Avoid high heels.
- When buying shoes, ask for advice in a specialist orthopaedic shoe shop.
- Wear new shoes carefully at first, for no more than half an hour.

Important general advice

- ! Do not use electric blankets or hot-water bottles. They can cause burns.
- ! Do not walk barefoot, either at home or outside. Ask for advice about suitable slippers and bathing shoes.
- ! If you have an injury, go to a **specialised foot clinic** or diabetic foot outpatient clinic: www.fussnetz-bayern.de / section “Versorgung in Ihrer Region”. If you do not live in Bavaria, visit the website ag-fuss-ddg.de.

Your daily checks

Check your feet

Check them yourself, with a hand mirror or telescopic mirror, or ask a carer or another person to help you.

? Is the skin drier than usual? Are there signs of redness, flaking skin or cracks in the skin?

? Have you developed calluses or hard skin? This can be a sign that pressure is not being distributed well. Remove hard skin gently with a pumice stone and mention it at your next podiatry appointment. Never use sharp tools such as metal callus files.

? Do you notice corns, athlete's foot or nail fungus? Do not use corn plasters, creams or tinctures on your own. Make an appointment at a podiatry practice.

? Do you see signs of inflammation or injury? Go to a **specialised foot clinic** as soon as possible (see bottom left).

Check your socks and shoes

? Do you see marks on your socks that look like pus or blood? This is easier to see on light-coloured socks.

? Before putting your shoes on: Are there small stones or other objects inside the shoe?

? Before putting your shoes on: Are the insoles in good condition, with no cracks or signs of wear? Do you see any fluid marks?

Your daily foot care

- Wash your feet gently with a pH-neutral wash lotion.
- Would you like to take a foot bath? Please do this only if you have no foot injury. Keep it short, three minutes maximum. The water temperature should not go beyond 35°C. Check both, time and temperature.
- Dry your feet gently and carefully with a soft towel, also between your toes. Do not rub hard, as this can irritate the skin.
- ! Never use a hairdryer to dry your feet. There is a high risk of burns.
- Finally, cream your feet, ideally with a foot care product containing urea (cream or care foam). These products give your skin enough moisture and improve protection. Do not apply cream between the toes; moisture should not build up there.

Your regular foot care at home

If you have been diagnosed with diabetic polyneuropathy, have the following steps carried out by a podiatrist, or at least ask a podiatrist to show you how to do them safely:

- File your toenails straight across. Gently file sharp edges to help prevent ingrown nails. Never use nail scissors, clippers or rasps, because the risk of injury is high.
- About once a week after washing your feet, remove hard skin gently with a pumice stone.