



## Toenail Trimmers, LLC

### Prevention of Diabetic or Neuropathic Foot Complications

Risk factors for diabetic/neuropathic foot ulcers include:

- Foot Contours
- Abnormal Gait
- Previous Amputation
- Neuropathy
- Peripheral Vascular Disease
- Visual Impairment
- Kidney Disease
- Elevated Blood Sugar
- Cigarette Smoking
- Low Magnesium Level
- Low HDL Cholesterol Level
- Overweight/Obesity

#### Avoid Injuries

DO NOT walk barefoot. Wear shoes or sturdy slippers at all times, even when getting up at night. Look and feel inside your shoes before putting them on to check for tears, rough edges, or worn soles. Shake shoes before putting them on to ensure there are no foreign bodies/debris. DO NOT cut corns or callouses. DO NOT use chemicals for corn or callous removal. DO NOT expose feet to cold or hot temperatures.

#### Daily Foot Inspection

Use sight and touch for a daily foot exam. If needed, use a mirror to see all foot surfaces. Look between the toes. Look for changes in the shape of the foot, callous formation, skin lesions, or wounds.

#### Foot Hygiene

Keep feet clean and dry. Wash daily with mild soap and lukewarm water. Dry by blotting or patting. Dry carefully between the toes. Apply a skin moisturizer that does not contain alcohol or perfume after bathing. Apply it on legs, feet, and heel, but NOT between the toes.

#### Nail Care

Before toenail trimming, wash feet in warm, soapy water. Clean and dry carefully. Use a soft brush, if needed. Cut the nails straight across so they are even with the end of the toe. Be especially careful not to injure the surrounding skin. File the rough edges. If nails are painful, thickened or deformed, see a Podiatrist or Foot Care Nurse.

### Sock Selection

DO NOT wear shoes without socks. Wear clean and dry socks made of breathable and natural fibers. Socks should be white or light in color with no seams. DO NOT wear thick or bulky socks that may cause a poor fit. DO NOT wear socks with tight elastic bands.

### Footwear Selection

Shoes with closed toes have the best protection. Soft leather is a good choice for the shoes' upper part. Low-heeled shoes with firm heel counter are preferred. The toe box should be wide. Adjustable lacing/strapping over the instep/arch is recommended to allow an easier entry into the shoes and a better fitting with the foot shape. Good air circulation reduces sweating.

### Footwear Fitting

Avoid tight shoes with narrow forefoot, tight toe box, or tight instep. The shoe should extend at least ½ inch past the longest toe. Footwear should not be too loose. Always stand when fitting shoes. Try on shoes in the afternoon. Wear new shoes for 30 minutes, then remove them and examine for red spots. If red spots develop, return the shoes. If not, increase wear-time by 1-2 hours every day. Buy new shoes before old ones wear out.

### Health Provider Support

Your feet should be examined regularly by healthcare providers. Notify your Podiatrist, Primary Care Provider (PCP), and/or Foot Care Nurse of any pain, redness, swelling, warmth, blisters, or areas of skin breakdown are noted.