

FOOT CARE

EXAMINED	CHECK FOR:	TREATMENT RECOMMENDATIONS
General Hygiene	<ul style="list-style-type: none"> • check vascular and neurological status • check gait and foot structure 	<ul style="list-style-type: none"> • feet should be kept warm • wash daily with warm water, blot dry
Skin	<ul style="list-style-type: none"> • excessive wetness can lead to maceration and fungal infections • excessive dryness with cracking; 	<ul style="list-style-type: none"> • moist feet should be dried and dusted with talcum or baby powder • patients with dry skin should apply lanolin-containing moisturizing lotion nightly
Nails	<ul style="list-style-type: none"> • excessive nail grooming with sharp instruments • thick, spongy or dystrophic nails • ingrown nails and hangnails 	<ul style="list-style-type: none"> • refer to podiatry clinic • systemic anti-fungal agents • topical anti -fungal agent
Interdigital/Webs	<ul style="list-style-type: none"> • fungal infections 	<ul style="list-style-type: none"> • topical/anti-fungal agents
Toes	<ul style="list-style-type: none"> • corns or signs of pressure 	<ul style="list-style-type: none"> • better-fitting shoes
Soles	<ul style="list-style-type: none"> • calluses or bunions • trauma from penetrating objects 	<ul style="list-style-type: none"> • referral to a foot clinic for properly fitted orthotic or custom-made shoes • do not attempt to cut calluses with knife or scissors
Dorsum and Sides	<ul style="list-style-type: none"> • signs of pressure 	<ul style="list-style-type: none"> • better-fitting shoes