

THE HIGH RISK FOOT

Your foot exam shows that you are at HIGH risk for serious foot complications.

It is very important to follow the treatment plan that was developed for you to lower the possibility of developing future problems including the risk of amputation.

1. You will be referred or followed-up within 1-2 weeks. If you have not been called about an appointment or been seen within those 2 weeks please call us back at _____ (telephone number).
2. It is very important to stay off the foot with the sore or ulcer as much as possible. You may need to use crutches or specialized foot wear that keeps the weight off of the ulcer or sore.
3. DO NOT SMOKE. Smoking reduces your circulation and can make it hard for your foot to heal. If you do smoke, it is very important to work at stopping. You can call the Smoker's Hot line 1-877-513-5333. Your health care provider may also have other resources for you.
4. Check your feet daily. Look at the top, bottom, between your toes. Use a mirror or have someone help you if you can't see your feet well. Make an appointment IMMEDIATELY if you develop any swelling, redness, new sores, or change in existing sores (ie. pus or drainage).
5. Wash your feet daily and dry well, especially between your toes. Be very careful with water temperature as you may not feel hot or cold on your feet properly. If you have open sores, ulcers or dressings your health care provider will give you specific instructions on how to clean your feet.
6. You should have someone who is properly trained, to cut your nails for you. (Telephone number _____).
7. If you have dry or calloused skin, apply moisturizer _____ on the top and bottom of your feet but do not use moisturizer between your toes. Do not apply moisturizer to any open sores, cracks or ulcers unless instructed to do so by your doctor.

Personal Care Plan

To help healing and prevent further complications, it is important that you have good control of your blood sugar, blood pressure, and cholesterol. Your personal targets should be discussed with your health care provider.

Blood sugar/A1C target: _____

Blood pressure target: _____ Cholesterol target: _____

Other recommendations: _____

Next appointment date: _____

Hints from the Canadian Diabetes Association's handout

"Foot care: a step toward good health"

DO	DON'T
Wear well-fitting shoes. They should be supportive, have a heel height less than 2 inches or 5cms and do not rub or pinch your feet. Shop at a reputable store with knowledgeable staff who can professionally fit your shoes.	Don't use over the counter medications to treat warts or corns. They are dangerous for people with diabetes.
Buy shoes late in the afternoon since your feet swell slightly by then.	Don't wear anything tight around your legs such as tight socks or knee-highs.
Wear socks at night if your feet get cold.	Don't ever go barefoot even indoors. Consider buying a pair of well-fitting shoes that are just for indoors. Soft house slippers may not provide enough protection.
Elevate your feet when you are sitting.	Don't put hot water bottles or heating pads on your feet
Wiggle your toes and move your ankles around for a few minutes several times a day to improve blood flow in your feet and legs.	Don't sit or cross your legs for long periods of time.
Exercise regularly to improve circulation.	Don't smoke. Smoking, even secondhand smoke decreases circulation and healing and significantly increases the risk of amputation.
Inspect your feet daily and in particular, feel for skin temperature differences between your feet	Don't wear over-the-counter insoles unless recommended by your foot specialist. They can cause blisters if they are not right for your feet.



Patient handout: Foot care – a step towards good health -
<http://guidelines.diabetes.ca/CDACPG/media/documents/patient-resources/foot-care.pdf>