

# THE FOOT CARE GUIDE

THE 9-STEP DAILY FOOT CARE GUIDE FOR PEOPLE WITH DIABETS



**1**  
WASH YOUR FEET EVERY DAY WITH LUKE WARM WATER AND SOAP.



**2**  
DRY YOUR FEET WELL, ESPECIALLY BETWEEN THE TOES.



**3**  
MOISTURISE YOUR FEET, BUT NOT BETWEEN THE TOES.



**4**  
CHECK YOUR FEET FOR BLISTERS, CUTS OR SORES.



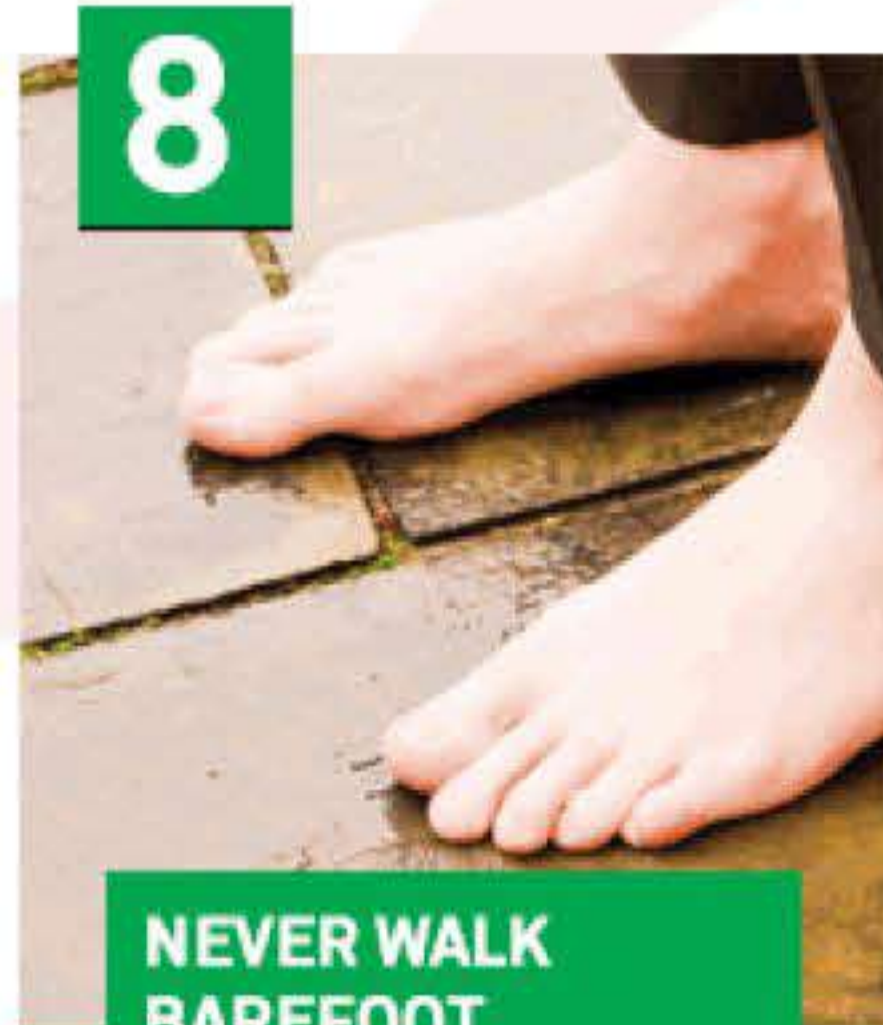
**5**  
KEEP YOUR TOENAILS AT A REASONABLE LENGTH.



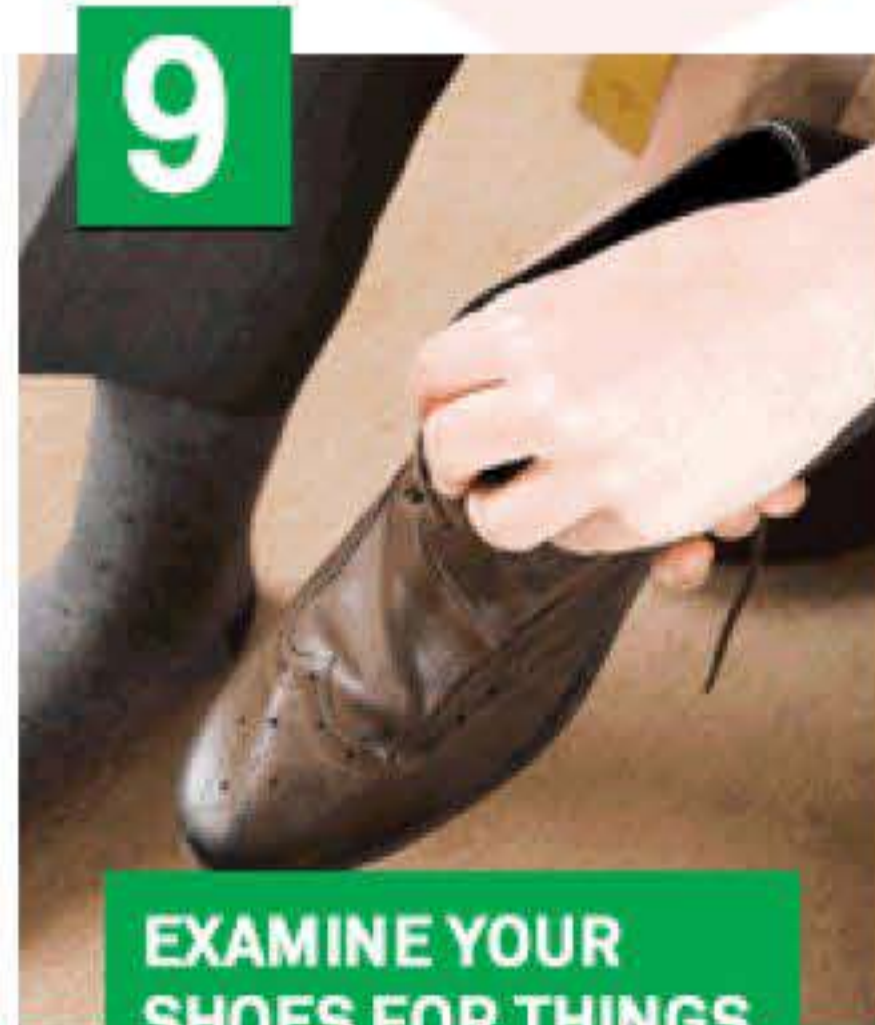
**6**  
WEAR CLEAN SOCKS THAT AREN'T TOO BIG OR SMALL.



**7**  
KEEP YOUR FEET WARM AND DRY WITH SHOES THAT FIT COMFORTABLY.



**8**  
NEVER WALK BAREFOOT INDOORS OR OUTDOORS.



**9**  
EXAMINE YOUR SHOES FOR THINGS THAT MIGHT HURT YOUR FEET.


## How should I take care myself to prevent complications?

Checking your feet daily in addition to standard diabetes control is the cornerstone of diabetic self care. Examine interdigital spaces for any cuts / lacerations or macerations.

Use a mirror or seek the help of others examine the soles of your feet for any hardening, reddishness, discharge or foreign bodies.

If you notice any of the above changes immediately bring it to the attention of your doctor.

## DEPARTMENT OF DIABETES & ENDOCRINOLOGY

  
**IDEA**  
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INSTITUTE OF DIABETES,  
ENDOCRINOLOGY & ADIPOSITY (OBESITY)

*"Putting your right foot forward"*

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Know about Foot care



## OUT PATIENT DIABETIC FOOT ULCER PACKAGE

Blood Tests  
Arterial doppler's of lower limbs  
Nerve Conduction Study  
X-Ray Feet  
Dressings  
Consultations

Special Price ₹ 5000/-

## DIABETIC FOOT CARE CENTRES

### OUR SPECIALISTS TEAM

Endocrinologists  
Diabetologists  
Foot Surgeons  
Vascular Surgeons  
Plastic Surgeons  
Podiatrists  
Orthotists  
Physiotherapists

### OUR CENTRES

- Ayyappa Society • Kukatpally
- Somajiguda • Ameerpet • Banjara Hills

### Who we are

Diabetic Foot problems are common and can range from painful neuropathy to poor circulation and foot ulcers. Almost half of the diabetic patients do suffer from one or the other. For neuropathy there are medications to control symptoms if required. However, Diabetic foot ulcers are difficult to treat and if not treated properly can end up with high risk feet needing amputations of toes or limbs.

Diabetic Foot Care needs a team of dedicated professionals ranging from Diabetologists, Endocrinologists, Foot Surgeons, Vascular Surgeons, Podiatrists, Orthotists and Foot wear specialists.

At IDEACLINICS we envisage provision of robust foot care facilities which are evidence based and patient friendly with a multidisciplinary approach with involvement of various specialists and in collaboration of National and International agencies.



Diabetic foot ulcers are common and difficult to treat needing a dedicated team of experts. At IDEACLINICS, we are providing excellent foot care service for patients with diabetic foot problems.

When you have diabetes, foot care is imperative. Keep a check on your feet every day and seek medical advice on finding any problem. Because of diabetes you are more prone to foot related problems.

**15%** OF DIABETIC PATIENTS MAY DEVELOP FOOT ULCERS

ALWAYS GET YOUR FEET EXAMINED AT THE DIABETIC CLINIC

