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FOOT CARE INSTRUCTIONS FOR PATIENTS WITH LOSS OF SENSATION OR PERIPHERAL VASCULAR DISEASE

- Never go barefoot!! Not even in the house.
- Always inspect the inside of your shoe with your hand for sharp or loose objects before putting the shoe on your foot.
- Check your feet daily for new areas of redness, sores, blisters or reddish/black calluses.
- If you have difficulty seeing your feet use a mirror propped up against the wall.

SHOES

If your doctor has prescribed custom shoes with custom insoles:

- Wear them at all times when walking, including inside the house.
- Do not substitute any other shoe without discussing it with your doctor.
- Keep in mind that for the prescription shoe to have the best results, the entire shoe and insole needs to be replaced yearly.
- House shoes or house slippers, if allowed by the doctor, should have a thick enough sole to resist pin punctures or glass fragment punctures.

SOCKS

- Socks should be worn with shoes at all times because they reduce friction, provide insulation, reduce soiling the foot, and absorb perspiration.
- Preferably sock should be white – at the end of the day when the socks are removed, turn them inside out and inspect them for signs of blood or drainage.
- Wear clean, dry socks daily.

TEMPERATURE EXPOSURE

- Always check bath water with a thermometer or your hand (if sensation is good in your hands) before placing your foot in the water.
- Do not attempt to warm cold feet next to a fire, radiator, or grill or with a hot water bottle, heating pad, or hair dryer.
- Do not use ice on your feet, especially if you are experiencing “burning” sensations.

SELF TREATMENT

- If you have poor sensation in your feet, **DO NOT** cut your toenails or calluses yourself.
- You may file your nails and calluses thin and smooth with a cardboard emery board, **NOT** scissors or razors.

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OVERALL HEALTH

- **DO NOT SMOKE.** If you would like to quit smoking, let us know and we'll be glad to help!
- If you are diabetic, keep your blood sugar under control.

WHEN TO CALL YOUR DOCTOR

- If your blood sugar suddenly becomes very difficult to control.
- If you notice pus or blood on your socks or coming from a wound.
- If you have a red, swollen foot with or without streaks going up the foot.

DO NOT try to self-treat a suspected infection before contacting your doctor and do not start taking old antibiotics that you may have in the medicine cabinet.

If you think you have an infection, take your temperature and call Dr. Chou's office at 415-426-7771 immediately.