



Diabetic Foot Care to Prevent Problems

- **Foot Care and Hygiene:**
 - Regularly inspect feet for cuts, blisters, or sores.
 - Wash feet daily with lukewarm water and dry thoroughly, especially between toes.
 - Moisturize to prevent dry skin but avoid between toes to prevent fungal growth.
- **Proper Footwear:**
 - Wear well-fitted, cushioned shoes with ample toe room.
 - Avoid walking barefoot, even indoors.
 - Use custom orthotics if needed to distribute pressure evenly.
- **Regular Monitoring and Medical Check-ups:**
 - Schedule regular podiatrist visits for foot exams.
 - Monitor blood sugar levels to maintain control over diabetes.
 - Use home devices for pressure monitoring or smart insoles if available.
- **Lifestyle and Health Management:**
 - Quit smoking to improve circulation.
 - Engage in regular, low-impact exercise to boost blood flow.
 - Maintain a healthy diet to manage weight and blood sugar levels.
- **Skin and Nail Care:**
 - Trim toenails straight across to prevent ingrown nails.
 - Gently file calluses and corns (or have a healthcare provider do this).
 - **Never** use over-the-counter medicated products to treat corns and callouses. **Always** seek professional care.

3636 University Boulevard S Building C Jacksonville, FL 32216-4250

Tel: 904.731.1711

Fax: 904.731.9270

www.adlerpodiatry.com



In-Office Diabetic Foot Ulcer Treatments

- **Wound Assessment and Classification:**
 - Thorough evaluation of the ulcer's size, depth, and infection status.
 - Use of diagnostic tools like Doppler ultrasound to assess blood flow.
- **Debridement:**
 - Removal of necrotic (dead) or infected tissue to promote healing.
 - Use of scalpels, curettes, or enzymatic agents to clean the wound bed.
- **Infection Management:**
 - Swabbing for cultures to identify bacterial strains.
 - Prescribing oral or topical antibiotics as needed.
- **Wound Dressing and Care:**
 - Application of specialized dressings (e.g., foam, hydrogel, or antimicrobial).
 - Regular dressing changes with monitoring for signs of infection.
- **Offloading Techniques:**
 - Providing custom orthotics or padding to relieve pressure from the ulcer site.
 - Fitting for specialized shoes, boots, or total contact casts.
- **Nail and Callus Management:**
 - Trimming thickened or ingrown toenails to prevent further complications.
 - Gently reducing calluses or corns to minimize pressure points.
- **Patient Education and Preventive Guidance:**
 - Teaching proper foot care techniques.
 - Advising on footwear choices and lifestyle adjustments.
- **Referral Coordination:**
 - Referring to vascular specialists if blood flow issues are detected.
 - Coordinating with wound care clinics for advanced therapies when necessary

3636 University Boulevard S Building C Jacksonville, FL 32216-4250

Tel: 904.731.1711

Fax: 904.731.9270

www.adlerpodiatry.com