



Neuropathy and Diabetic Foot Care

What is Neuropathy?

A loss of feeling or numbness in limbs caused by nerve damage that most commonly begins in the hands or feet. Peripheral Neuropathy is a major contributor to 90% of all foot ulcers.

Symptoms

- Gradual onset of numbness and tingling
- Burning or electric-like pain
- Extreme sensitivity to touch
- Sensation that feels like wearing gloves or socks

Have Regular Checkups

Foot problems develop quickly, so it is important to see your healthcare provider annually. Regular checkups are vital to help track blood flow and feeling in feet.

Get Regular Exercise

It improves blood flow while increasing foot flexibility and strength. Gentle exercise like walking or riding a stationary bicycle is best.

Recommendation:

- Referral to Wound Center
- Contact your Physician or Podiatrist

Diabetic Foot Care

Inspect Your Feet Daily

Use a mirror to see the bottom of your feet or ask someone for help. Sores, cuts, and injuries do not heal as well for diabetics and may need care. Call your doctor if you notice any of the following:

- Hot spots, red streaks, swelling, cracks, sores, injuries or foreign objects in your foot.
- Sensations such as burning, tingling or the feeling of pins and needles.
- Toenail problems, including nails growing into the skin, nail thickening, yellowing or discoloration.

Wash Your Feet Daily

- Wash your feet in lukewarm water and mild soap.
- Use a soft towel to gently dry your feet, especially between the toes.
- Apply a moisturizing lotion, but do not apply between toes.

Wear Proper Footwear

- Never walk barefoot.
- Do not wear tight or uncomfortable shoes.
- Make sure socks and shoes fit properly.
- Avoid shoes with open toes, heels and narrow toe.

FOR MORE INFORMATION, CALL:

Silver Cross Wound Healing and Hyperbaric Medicine

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