



G. Adam Shapiro, DPM, FACFAS
*Diplomate, Am. Board of Podiatric Surgery
Fellow, Am. College of Foot & Ankle Surgeons
Board Certified in Foot Surgery*

Joe K. Ades, DPM, AACFAS
Associate, Am. College of Foot & Ankle Surgeons

James Robinson, DPM, AACFAS
Associate, Am. College of Foot & Ankle Surgeons

WHAT EVERY DIABETIC SHOULD KNOW **DAILY CHECK LIST**

- Check feet/toes daily for sores, cuts, scratches or any signs of inflammation or skin breakdown.
- Stop smoking.
- Wash feet with mild soap and pat dry **thoroughly** every day.
- Bathe in warm water, **never hot** --- avoid temperature extremes.
- Wear socks or slippers if feet get cold. **Do not** use heating pads.
- **Do not** go barefoot.
- **Do not** walk on hot surfaces --- avoid temperature extremes.
- Consult your physician before using over the counter creams and lotions.
- Check inside shoes carefully before wearing anything that may cause unnoticed irritations.
- **Do not** trim your own toenails unless your physician states otherwise.
- **Do not** cut corns or calluses, consult your foot specialist.
- **Do not** soak your feet unless instructed by your physician.
- If your feet are dry, consult your physician. **Do not** put oil or cream between toes.
- Wear socks that fit properly and have no seams. **Do not** wear mended socks.
- Change your socks daily.
- **Do not** wear garters.
- Wear shoes that are soft, do not bind at the toes and feel comfortable **when purchased**.
- When wearing **new shoes**, check feet for pressure spots **very frequently**.
- **Always** wear socks with shoes. Look for socks without seams that are diabetic approved.
- **Do not** wear sandals.
- Contact physician **immediately** if you get a sore or blister on your feet.

Be sure your physician knows you are diabetic.

Morrison Plantation
143 Joe Knox Ave.
Suite 100
Mooresville, NC 28117
704.662.3660 ph
704.662.3595 fx

Gilead Medical Center
15419 Hodges Circle
Suite 200
Huntersville, NC 28078
704.892.5575 ph
704.892.6566 fx

Prosperity Commons
3220 Prosperity Ch. Rd.
Suite 101
Charlotte, NC 28269
704.971.7100 ph
704.971.7101 fx