

# FOOT CARE IN DIABETES

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This is intended for patients of Dr. Abhijit Joshi on his recommendations only. The following instructions are to be followed exactly without any changes and are meant for those who do not have any wound or infection. Should there be any query kindly contact Dr. Abhijit Joshi.

Foot care is to be done preferably before retiring for the night. With a hand held mirror inspect the sole of both the feet and insure that there is no redness, cuts, or wound. Should there be any wound or cut do not clean the feet but apply a sterile pad and bandage and consult Dr Abhijit Joshi.

In the well-lit bathroom sit on a stool and use Dove soap or any soap and thoroughly clean both the feet well above the ankles making sure the toes and the area in between the toes is cleaned. Wash away the soap with water.

Fill a bucket with ordinary tap water till half of the bucket is full enough to wet your legs well above the ankles up to mid leg. **DO NOT USE HOT WATER**. Add three or four caps of Dettol or few granules of Potassium Permanganate (  $KMNO_4$  ) wherein the water is light pink and not too dark pink when P.Permangate is added. If none of the above are available plain water is to be used.

Now immerse both the legs in the bucket making sure the water is up to the mid leg and soak them for about 3 or 4 minutes.

After four minutes of soakage take your feet out and shake the excess water, at this stage DO NOT DRY THE FEET WITH A TOWEL. Now apply any moisturiser e.g. Nivea/ Vaseline/ Coconut oil or any specific product advised by Dr. A Joshi to the whole feet gently rubbing and massaging in the moisturiser. When this is done, you may now ONLY clean the area in between and underneath the toes. Apply dusting powder (Anti fungal) powder in between toes and underneath the toes.

Wear cotton socks and retire for the night. Do this at least 5 times a week. Never use hotwater bottle or electric devices to warm up your feet, because you may not feel well enough the temperature, due to loss of pain sensation. Never walk barefoot. Wear soft, and MCR insole shoes.

Dr. Abhijit Joshi.