

SENIOR ADULT FOOT CARE

BECAUSE YOU ARE OVER 65 IT IS POSSIBLE THAT THE CIRCULATION OF BLOOD TO YOUR LEGS AND FEET IS SLOWER AND MORE SLUGGISH. THIS COULD BE A FACTOR IN YOUR ABILITY TO FIGHT INFECTION. A LITTLE SORE OR CUT ON YOUR FOOT OR LOWER LEG, IF NOT PROPERLY TREATED, MIGHT LEAD TO COMPLICATIONS. IT IS IMPORTANT THAT YOU PREVENT INJURY AND FOLLOW A CAREFUL PLAN OF FOOT HYGIENE:

- BATHE YOUR FEET DAILY IN LUKE WARM (NOT HOT) WATER AND RINSE THOROUGHLY. CAREFULLY AND GENTLY, WITH A SOFT TOWEL, PAT (DON'T RUB) YOUR FEET DRY.
- WEAR SHOES THAT FIT WELL-SNUG BUT NOT TIGHT. TO HELP ASSURE DRYNESS, ALTERNATE SHOES. KEEP SHOES IN GOOD REPAIR. BREAK IN NEW SHOES GRADUALLY.
- KEEP YOUR TOENAILS TRIMMED NEATLY, STRAIGHT ACROSS AND EVEN WITH THE TOES. DO NOT DIG UNDER THE TOENAILS OR AROUND THE CUTICLES. DON'T TRY TO REMOVE INGROWN TOENAILS YOURSELF.
- DO NOT ATTEMPT TO TRIM YOUR CORNS AND CALLUSES OR USE COMMERCIAL CORN REMEDIES.
- AVOID EXTREMES OF COLD OR HEAT-IF YOUR FEET ARE COLD WEAR WARM SOCKS. NEVER USE HOT WATER BOTTLES OR HEATING PADS. PROTECT YOUR FEET FROM SUNBURN.
- AVOID WEARING ANYTHING TIGHT AROUND YOUR LEGS OR THAT MIGHT REDUCE THE BLOOD SUPPLY TO YOUR FEET.
- AVOID SMOKING-THIS REDUCES THE CIRCULATION OF BLOOD TO YOUR FEET.
- EXAMINE YOUR FEET DAILY-IF YOU NOTICE CRACKS BETWEEN THE TOES; BLISTERS, CUTS OR SORES; ANY SIGNS OF INFECTION SUCH AS AREAS OF REDNESS OR DISCOLORATION; SWELLING OR PUS; REPORT IT IMMEDIATELY, EVEN IF YOU HAVE NO PAIN.