

CARE OF FEET FOR PATIENTS WITH LEG AND FOOT CRAMPS

1. Relax twice a day in tub of warm (not hot) water. Keep spray running under water, as you massage and manipulate feet and toes. Wash feet gently with soft cloth and mild soap. After 5 minutes lift feet under warmer spray for a minute; then re-immense in bath. Repeat 6 times.
2. Gently apply rubbing alcohol and dry thoroughly, but gently. Then gently massage with special ointment, diluted liniment, lanolin, cocoa butter or oil. Dust on talcum powder.
3. Avoid extremes of temperature. Keep feet warm and dry. Change socks twice a day. At night wear loose-fitting bed socks.
4. Always wear properly fitted shoes with low heels and wide toes, of soft leather or lined with moleskin. (Do not wear rubber shoes or bedroom slippers or walk with bare feet.)
5. Once a week have feet examined and nails trimmed after washing. Cut straight across. For brittle nails apply lanolin and bandage loosely.
6. Do not cut corns, callouses or ingrown nails. Have this done by your podiatrist.
7. Adhere to prescribed diet--high protein, moderately low fat, low carbohydrate.
8. Do not use tobacco in any form.
9. If skin is broken or inflamed, do not bear weight; wash carefully and apply sterile, dry gauze. Never use antiseptics, iodine, lysol, creosol, formaldehyde or phenol preparations. If in doubt, consult your podiatrist.
10. With foot swelling or previous phlebitis, elevate foot of bed four inches. When sitting, elevate legs on a stool.
11. Do not wear constricting garters or bandages. Do not cross legs when sitting or standing for long periods. Keep off feet for five minutes every hour; remove shoes, massage and exercise toes.