

SAN ANTONIO PODIATRY ASSOCIATES, P.C.

RICHARD A. POLLAK, DPM, MS
Diplomate American Board of
Podiatric Surgery

RICHARD A. BELLACOSA, DPM
Diplomate American Board of
Podiatric Surgery

RUSSELL STANLEY, DPM

DO'S AND DON'TS FOR DIABETIC FEET

- Inspect your feet daily.
- Wash your feet daily; dry carefully between toes.
- Use a mild lubricant or hydrating cream or lotion to keep your skin from cracking or drying.
- Keep your feet warm and dry.
- Wear comfortable, sensible shoes; check the inside of shoes for foreign objects.
- Don't walk barefoot.
- Don't cut corns and calluses yourself.
- Don't use over the counter corn and callus removers.
- Don't smoke.

See your podiatrist or doctor immediately if you develop:

- Ingrown nails
- Slow healing sore, cut, corn, or callus
- Athlete's foot infection
- Pain in your feet or legs

Physicians Plaza II
8042 Wurzbach, Suite 450
San Antonio, Texas 78229
(210) 692-0279
Business Office

One Medical Park
14615 San Pedro, Suite 160
San Antonio, Texas 78232
(210) 490-1871