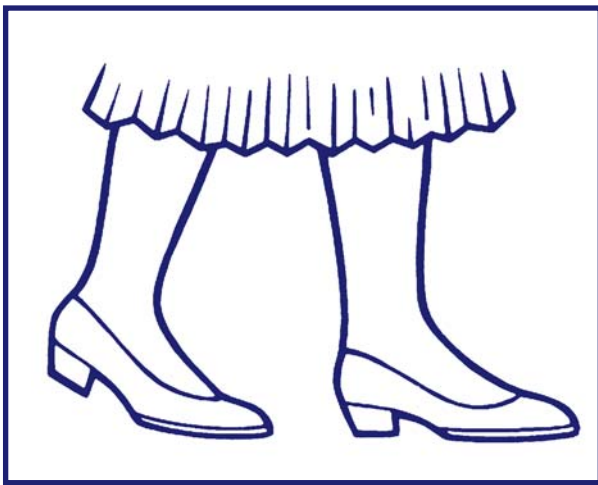


# **BD Getting Started™**

## Foot Care

## Dos and Don'ts



**Wear shoes or  
slippers at all times**

**Don't go barefoot**



# DO:

Wear shoes or slippers at all times



Keep skin soft  
Put lotion on top and bottom of feet



Use only lukewarm water



# DON'T:



Don't go barefoot



Don't let feet get dry and cracked



Don't use hot water

**Wear comfortable shoes**



**Wear pantyhose or socks**



**Don't wear torn or tight shoes**



**Don't wear tight socks or knee-highs**

# Do:

Look and feel feet daily for open sores, cuts, or color changes



Cut toenails straight across\*



\*Check with your doctor if you have nerve disease

Keep feet dry, especially between toes  
Use powder if needed



Have feet checked by your doctor or a foot doctor



# Don't:



Don't use corn medicines or razors



Don't use heating pads, hot water bottles or iodine; they can cause harm



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