

LOW-RISK FOOT

HPE OHT LOWER LIMB PRESERVATION DEMONSTRATION PROJECT

Your foot exam shows you have a lack of feeling or poor blood flow. You are at **LOW RISK** of developing a foot ulcer or issue.

See your health care provider right away if you have:

- New or worsening pain in your legs or feet
- Cold, blue or pale feet, with or without pain
- Swollen, red and hot feet, with or without pain
- An open sore or swollen area that is draining, **EVEN IF IT DOES NOT HURT**

To stay at low risk, there are many ways you can keep your feet healthy:

Check your feet daily

Look at the top, bottom and between all your toes on both feet. Have a family member check your feet or use a mirror if you are unable to check yourself.

Wash your feet daily and dry well

Especially between your toes.

Apply cream daily

Lotion can be applied to the top and bottom of both feet but **NOT BETWEEN** your toes.

Trim your toenails straight across

Use a nail file to smooth edges.

Use a pumice stone on dry skin

To keep calluses under control. If calluses become thick and/or painful, see a foot care nurse or chiropodist.

Make sure your shoes fit your feet well and are comfortable

Shoes with a wide toe box, good cushioned soles and adjustable footwear with laces or velcro are best.

Check your shoes for anything inside

Before putting them on. Always wear socks and shoes.

REMEMBER: Have your feet checked **every 12 months** by your healthcare team.

For more tips on reducing your risk of foot complications visit www.bcfht.org.