

## MEDIUM-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 **MEDIUM 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 medium 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.

##### **Be aware of temperature**

Avoid soaking your feet in hot water and do not apply heat directly to your feet.

##### **Apply cream daily**

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

##### **Care for your toenails or seek help**

If you have good feeling in your feet, trim your toenails straight across and use a nail file to smooth edges. If you have a lack of feeling or poor blood flow in your feet, seek professional foot care.

##### **Wear well-fitted footwear**

Avoid wearing worn-out shoes or boots that may be injuring your feet. Customized footwear provided by a professional chiropodist, pedorthist or orthotist can help to treat or prevent ulcers.

##### **Check your shoes for anything inside**

Before putting on your socks and shoes, check for anything inside. Always wear socks.

#### **Care for any blisters or sores.**