

Foot Risk Level Guide

Knowing your type and level of foot risk can be very helpful in clarifying how a diabetic patient should care for his/her feet. It can be very confusing to know which rules apply to you and at Sowell Podiatry we classify foot risk after a diabetic foot exam and these are specific instructions for each foot risk level. Refer to the diabetic exam form to understand how risk levels are determined.

LEVEL 0 DIABETIC FOOT RISK

- Manage your blood sugar as directed by your primary care physician or endocrinologist.
- Wash your feet daily and dry between the toes.
- Be careful to wear shoes and socks that fit properly.
- Carefully trim your toenails straight across with clippers and gently smooth any callus with a pumice stone or skin file.
- Moisturizers may be used to keep your skin soft but do not put lotions between the toes.
- Call Dr. Sowell if any complications or concerns arise. Bleeding, redness, pain, swelling and changes are all valid reasons to contact the office.

LEVEL 1 DIABETIC FOOT RISK

- Manage your blood sugar as directed by your primary care physician or endocrinologist.
- Inspect your feet daily. Use a mirror if necessary.
- Wash your feet daily and dry between the toes.
- Be careful to wear shoes and socks that fit properly.
- Allow a podiatrist to trim you toenails and calluses.
- Avoid heating pads and hot water foot soaks.
- Moisturizers may be used to keep your skin soft but do not put lotions between the toes.
- Schedule a complete diabetic foot exam every six months.
- Call Dr. Sowell if any complications arise. Bleeding, redness, pain, swelling and changes are all valid reasons to contact the office

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LEVEL 2 DIABETIC FOOT RISK

- Manage your blood sugar as directed by your primary care physician or endocrinologist.
- Inspect your feet daily. Use a mirror if necessary.
- Wash your feet daily and dry between the toes.
- Put your feet up when sitting and wiggle your toes and feet often. Don't cross legs for a long period.
- Wear shoes and socks at all times.
- Wear shoes specially made for you with insoles that are made for your feet and reduce pressure.
- Allow a podiatrist to trim you toenails and calluses.
- Avoid heating pads and hot water foot soaks.
- Moisturizers may be used to keep your skin soft but do not put lotions between your toes.
- Schedule a diabetic foot exam every three months.
- Call Dr. Sowell if any complications arise. Bleeding, redness, pain and swelling are all valid reasons to contact the office.

LEVEL 3 DIABETIC FOOT RISK

- Manage your blood sugar as directed by your primary care physician or endocrinologist.
- Inspect your feet daily. Use a mirror if necessary.
- Wash your feet daily and dry between the toes.
- Wear shoes and socks at all times. Check the insides of the shoe before putting it on.
- Wear shoes specially made for diabetics with insoles that are made for your feet and reduce pressure.
- Put your feet up when sitting and wiggle your toes and feet often.
Don't cross legs for a long period.