

Diabetic Foot Care Patient Information

Date: _____

Patient Name: _____

Patient ID: _____

Introduction

Dear [Patient's Name],

As part of your diabetes management, it's crucial to take proper care of your feet. This letter contains important information regarding diabetic foot care.

Foot Care Guidelines

- Examine your feet daily for cuts, blisters, or any changes.
- Wash your feet daily with mild soap and warm water, and dry them thoroughly.
- Moisturize your feet to prevent dryness, but avoid the spaces between your toes.
- Trim your toenails straight across and file the edges to prevent ingrown toenails.
- Wear well-fitting shoes and socks to protect your feet.

When to Seek Help

If you notice any of the following, please contact your healthcare provider:

- Signs of infection: redness, swelling, or discharge.
- Wounds that do not heal within a few days.
- New numbness or tingling in your feet.

Follow-Up

It is important to keep regular appointments with your healthcare provider to monitor your foot health.

Sincerely,

[Your Healthcare Provider's Name]

[Your Healthcare Provider's Contact Information]