

# Making Time for Your Feet!



## Daily Foot Care Self-Inspection and Foot Hygiene Tools

Check, clean and care for feet daily to prevent complications and injury

The IDHC replenishing kit contains items used for daily self-inspection and foot hygiene

1. **Mini First Aid Kit** In case of injury, clean and protect area. Call health care provider if no signs of healing within 24-48 hours



2. **Mild, Unscented Soap** wash feet daily, between toes and soles



3. **Handled Nail Brush** To clean and wash away dirt around and under toenails



4. **Foot File** To reduce calluses, use on wet feet, stroking in one direction for 30 seconds



5. **Foot Cream** To prevent dryness and cracks, moisturize feet daily, tops and bottoms. *“Cedar is a sacred Indigenous detoxifying medicine used for clearing negative energy” Esstin Mcleod*



6. **Pen Document** follow up appointment with health care provider



# Keep on Checking!

## Regularly Check Your Blood Sugar Levels Normal

- Fasting and before meals: 4.0 to 7.0 mmol/L
- 2 hours after meals: 5.0 to 10.0 mmol/L

## Characteristics of Proper Footwear

- All natural material, shoe, boot or trainer with a low and wide stable sole
- Fastened with a laces, Velcro or a strap to help keep feet firmly in place
- Long, deep and wide enough to fit feet properly
- Wear comfortable, non-slip (shoes or moccasins) for safety while indoors

## Websites for More Information

- <https://www.diabetes.ca/managing-my-diabetes/tools---resources/managing-your-blood-sugar>
- <https://www.nhshighland.scot.nhs.uk/YourHealth/Diabetes/Living%20with%20Diabetes/PIL.FADVIC.00000.O.PDF>

**More Information about IDHC Foot Care visit**  
**www.idhc.life      1-888-514-1370**