

Daily

- Inspect feet carefully for cuts, blisters, ulcers, & infections.
- Wash in mild soap, apply 70% alcohol to any breaks in the skin.
- If feet are sweaty, powder them lightly with talc.
- If feet are dry and scaly, use hydrous lanolin ointment.
- Use clean cotton socks daily.

Avoid Injury to Feet

- Wear soft-top, thick soled shoes that fit well.
- DO NOT WALK AROUND BAREFOOT.
- Do not trim nails, shave corns or calluses: have it done professionally.
- Do not apply heat in attempt to warm feet.
- Protect feet from exposure to cold.

Office Information

Office hours are:

8:00-12:00 & 1:00-5:00pm Monday-Thursday

8:00-12:00 & 1:00-3:00pm Friday

A doctor is on call 24 hours a day

The phone number is (503) 873-5310

Call the office if and questions or concerns arise.