

Woundless Summer

10 Tips to Keep Your Feet Woundless All Summer



Don't Walk Outside Barefoot

Broken glass, rocks, trash or debris can perforate the skin and cause infection. Walking on hot sidewalks or sand can quickly cause blisters or burns on the feet.



Always Wear Properly-Fitted Shoes

If needed, ask your physician about special diabetic shoes, custom inserts and socks to keep your feet healthy while you remain active.



Check Your Flip Flops

Debris can easily get stuck between your sandal and foot while wearing flip flops. Check them often or avoid wearing them. Examine the tops and bottoms of your feet each daily.



Stay Hydrated

This may help with foot swelling from heat or exercise and improve circulation. Hydration and a balanced diet help maintain good health for wound healing.



Monitor Blood Glucose

Proper levels of blood glucose, A1C labs, consume a healthy diet, and use medication as prescribed



Dry Your Feet

Feet that have been submerged in water for too long become susceptible to skin-tears and blisters. Take "dry-out" breaks when spending time in the water this summer.



Use Antibiotic Cream

If you have a foot wound of any kind, clean it and apply a sterile bandage to cover it, and call your physician's office for guidance.



Avoid Heat if Wounded

Heat causes swelling/edema to worsen, make sure to see your doctor as soon as you get any foot wound.



Put Your Feet Up

Swelling can become worse in the summer heat, make sure to kick-back in a cool place and put your feet up. In particular hot and busy summer days, try 3-4 times a day for at least 15 minutes each.



Compress the Heat

Even though wearing an extra layer like a compression sock or wrap in the summer does not sound appealing, socks and wraps keep the blood flowing, which will help reduce swelling.