

Foot Care from Tri-State Lymphedema Clinic

People who have lymphedema, diabetes or vascular disease are at risk for infections.

Helpful hints:

1. To care for corns and calluses, do not use over the counter medications such as Dr. Scholl's corn pads as they contain acid. After the bath or shower, when the skin is softened, buff the skin to remove the dead skin and soften calluses.
2. Corns can develop between the 4th and 5th toes as the foot swells. Fungus can also develop, which can lead to infections. Changing to larger or wider shoes may alleviate the development of corns. Use lambs wool in between the toes to reduce friction.
3. When you trim your toe nails, round the edges to prevent ingrown toenails. Boil clippers for one minute and let cool for one hour before using.
4. Dry you feet very well after bathing, especially between the toes. Do not use alcohol on your feet. Use a low pH lotion.
5. If you are unable to cut your toe nails, see a Podiatrist regularly.