

## Patient Education Booklet Assembly Instructions

Enclosed are 4 pages of sketches that when assembled properly will create a 5½" x 8 ½" booklet on **Proper Foot Care for a Diabetic with Loss of Protective Sensation**. All that is missing is for you to fill in a phone number on page 2 and provide a front and back cover.

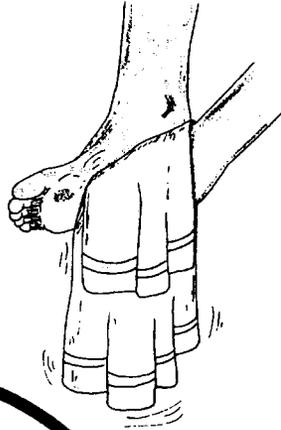
### Instructions:

1. Make a double-side copy of pages 1 to 2 and pages 3 to 4. The pages are arranged and printed in order in this document.
2. On page 2 enter a phone number to complete the instructions for "call \_\_\_? to report a problem".
3. Produce a cover page for the booklet with your logo, etc. It is preferable to make the cover a different color as well as with a heavier paper. You will have space to write what you want on the front and back of the front and back covers.
4. Arrange the booklet as follows: Place the cover down first; next, place doubled sided page 1 with "look between your toes" facing up in the upper left corner; last, place double sided page 2 with "check inside of shoes before wearing them" facing up in the upper left corner.
5. Fold the pages length ways and staple the seam to create the 5 ½" x 8 ½" patient education booklet.

Note: This information is public and can be modified in any way to fit your needs without additional approval.

# CORN AND CALLOUS CARE

**RUB GENTLY WITH  
A DRY TOWEL**



**IF YOU HAVE CORN OR CALLOUS  
BUILDUP, GO TO THE FOOT CLINIC  
MONTHLY TO GET THEM TRIMMED.**

**HAVE YOUR FEET CHECKED  
EVERY TIME YOU SEE YOUR  
DOCTOR.**

# CHECK YOUR FEET!

**EVERY DAY**



**TOP AND BOTTOM**



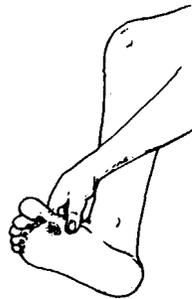
**YOU MAY NEED HELP**



**LOOK BETWEEN YOUR TOES**



**CUTS  
BLISTERS  
SORES  
SWELLING  
DRY SKIN  
CRACKS**

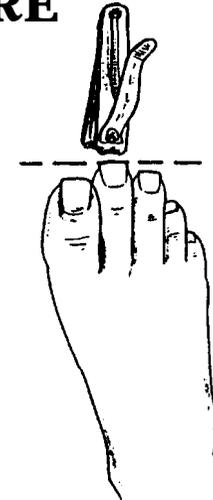


**CALL  
A PROBLEM  
TO REPORT**

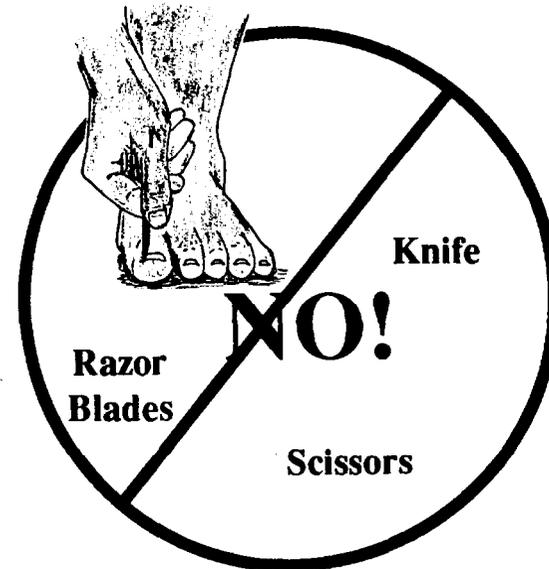


## **NAIL CARE**

**CUT TOENAILS  
STRAIGHT ACROSS**



**SMOOTH EDGES WITH  
EMERY BOARD**



TREAT DRY SKIN



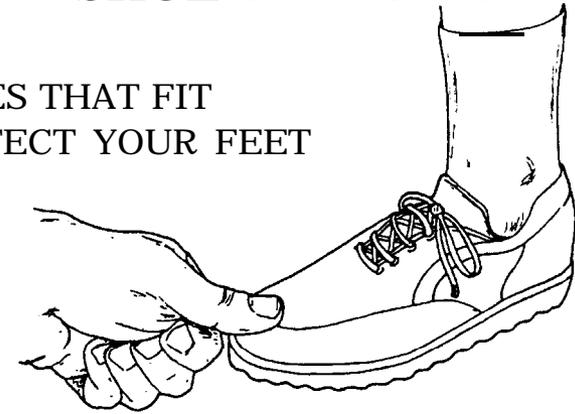
WARM COLD FEET



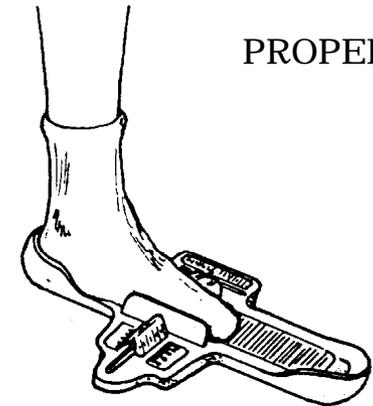
HEATING PAD  
HOT WATER BOTTLE  
SOAKING

## SHOE SELECTION

SHOES THAT FIT  
PROTECT YOUR FEET



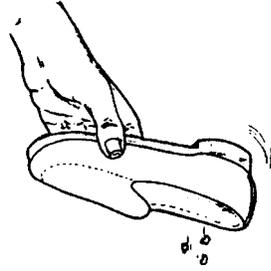
PROPER SIZE



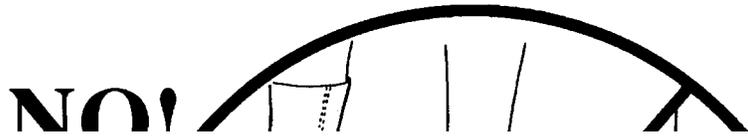
HAVE THE NURSE  
CHECK SHOES  
BEFORE YOU  
WEAR THEM



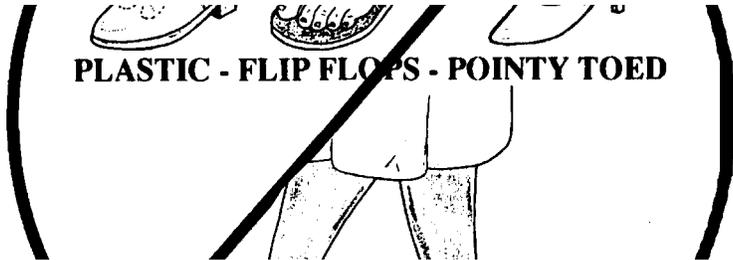
CHECK INSIDE OF SHOES  
**BEFORE** WEARING THEM



WEAR CLEAN SOCKS  
NO HOLES, SEAMS OR  
MENDED SOCKS



~~PLASTIC - FLIP FLOPS - POINTY TOED~~



## SKIN CARE

CHECK WATER TEMPERATURE



WASH FEET EVERY DAY  
PAT DRY WITH A TOWEL

DRY BETWEEN TOES