

Indy Podiatry's Diabetic Foot Care Recommendations



INDY
PODIATRY
we love your feet

Diabetes can have a significant impact on your feet, so seeing a podiatrist at least once a year is an important part of managing your condition and preventing complications.

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1.) ANNUAL FOOT EXAM

All diabetics should have an annual foot exam to identify any high-risk foot conditions. Diabetics can avoid foot problems and amputations that are due to diabetes by having regular foot exams.

2.) DAILY SELF EXAMS

Look for areas of redness, bruising, swelling or rashes. If you notice new problems, call our office. Most foot problems are easier to treat the earlier they are found. Daily foot inspections are even more important if a person has numb feet (neuropathy).



3.) PROFESSIONAL FOOT CARE

Never try to treat calluses, ingrown toenails, corns or other conditions at home. At Indy Podiatry, we provide diabetic foot care so that you can avoid risky cuts and infections.

4.) COMFORTABLE, PROPER FITTING FOOTWEAR

Because diabetes can cause nerve damage or loss of feeling in the feet, it's extremely important to keep your feet protected with proper shoes. Consult with our doctors about our available diabetic footwear.



5.) TEAM APPROACH

Our doctors and staff at Indy Podiatry work together to help come up with the best plan of action to help you prevent diabetic foot problems. We provide a wide range of treatments, from conservative care to surgical options for more advanced wounds or complications.

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