

## Patient Foot Care Contract

DATE:	YES	NO	If Yes, I agree to:
Is the skin on feet dry and cracked?			1. Wash feet daily in lukewarm water. 2. Test water temperature with elbow before placing feet in water. 3. Dry feet well. 4. Apply lotion or cream to feet, but not between toes.
Do you have bunions or calluses present?			1. File hard calluses with a pumice stone. 2. Apply lotion or cream to feet, but not between toes. 3. Wear loose fitting cotton or wool socks. 4. Wear shoes that fit properly.
Are your toenails trimmed improperly?			1. Trim nails to shape of toes. 2. File off any sharp edges.
Do you have fungus between your toes?			1. Dry between toes. 2. Apply antifungal cream.
Other problems?			List:

I also agree to:

- Inspect my feet or have my feet inspected every day.
- Report any signs of infection or other problems to my primary care physician as soon as possible.
- Take off my shoes and socks at every clinic visit, and ask to have my feet examined.
- Not walk barefoot (or wearing only socks or pantyhose) in the house or outdoors.
- Not use heating pads or hot water bottles on my feet.
- Not smoke.

Signatures: \_\_\_\_\_

Educator or Primary Care Physician

\_\_\_\_\_

Patient

This contract will be reviewed at least once a year.