

## Lucro® Socks

Lucro® socks from Salts Techstep are made specifically for people who suffer from diabetes.

### Product Features:

- Lycra, elastic-free tops
- Inner soft cushioning
- Soft seam

**Sizes: Adult sizes 4-12**

**Colours: Black/White/Grey**



To place an order or for more information on the full range of products for people with Diabetes please **call 0121 333 2099** or **visit our website at [www.salts.co.uk](http://www.salts.co.uk)**



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Schein Orthopaedie  
service KG

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# MAKE YOUR FEET HAPPY!

**A step by step guide to basic foot care for  
people with Diabetes - *from Salts Techstep***



## 10 Steps towards happy feet!

1. *Wash feet daily* – test water temperatures with elbow to avoid scalding accidents.
2. *Dry feet* – especially between the toes.
3. *Apply moisturiser* to the feet (not between the toes) – this will help to keep the skin supple and prevent cracking.
4. *Examine feet* – it is essential to do this daily to look for cuts or blisters or anything unusual like bleeding, swelling or sores.
5. *Cover breaks in the skin* – use a dry, sterile dressing and **do not** burst blisters. Remember diabetes can effect the rate of healing and breaks in the skin can take longer to heal. Older feet are most at risk.
6. *Cut and files toenails straight across* –never use sharp instruments on your feet. If you need any assistance contact a HPC\* registered chiropodist.

## Some Diabetics feet are killing them – but yours needn't

7. *Avoid direct heat* and water bottles – the loss of pain and temperature sensitivity may make these dangerous.
8. *Check inside shoes and socks* for sharp objects such as stones, grit or glass etc.
9. *Ensure shoes fit well* – have feet measured. Remember that shoes must fit feet not vice versa!
10. *Keep in touch with a HPC\* registered chiropodist* who can advise you on taking care of your feet.

\*Health Professional Council  
[www.hpc-uk.org](http://www.hpc-uk.org)

**Remember...**  
**Happy feet are healthy feet!**