Primary Care Network
EDMONTON OLIVER

Foot & Lower Leg Clinic

Welcome! Our goal is to help you become independent and confident in looking after your feet and lower legs by providing treatment and education for self-care.

WHAT WE DO & WHAT YOU CAN EXPECT AT YOUR VISITS

We will:

- Discuss the importance of daily self-assessment and care of your feet and lower legs
- Provide toenail and skincare for common foot problems
- Provide education for you and your care partners so you can be independent
- Link you to other PCN programs or external community services (if needed)
- Complete lower leg assessments for compression stocking authorization
- Discuss prevention of complications for patients with diabetes
- Provide recommendations for footwear and mobility issues

Please note we are a short-term service focused on helping you gain independence.

REMINDERS FOR YOUR UPCOMING APPOINTMENT

Please remember to:

- Bring your medication list
- Wear the shoes you wear most often
- Wear a loose-fitting shirt with loose sleeves as we will need to take your blood pressure on your upper arm
- Wear loose-fitting pants that can be easily pulled up to the knee
- Bring any wound care supplies you have been using if you have a wound
- Bring compression stockings if you are currently using them
- Avoid caffeinated beverages or smoking two hours before a lower leg assessment as it can affect your results

***For lower leg assessments, you MUST be able to lay flat on your back for 30-45 minutes, and be able to transfer to the exam bed independently.**

PREVENTATIVE FOOT CARE

Once feet are clean and dry, follow these simple steps:

1. Take a good look at your feet for open, cracked skin, calluses, or anything that appears abnormal.
2. Look at your nails. Do they need to be trimmed? When cutting your nails, follow the natural curve of the nail. Make sure not to cut them too short as this may cause the nail to become ingrown.
3. File your nails using a disposable, single-use emery board to remove the rough edges and to shape them. When filing, go in one direction only. Going back and forth can cause your nail to splinter and peel.
4. Use a paddle file to remove dry, flaky or built-up skin on the soles of your feet. This works best when your feet are dry. Make sure to wash and dry the paddle after every use if you are not using a disposable one.
5. Apply lotion to your feet. This will help maintain the moisture of your skin. If you are diabetic, be sure you don't get lotion between your toes.
6. If the skin on your feet is really dry, apply lotion in the morning and the evening. Wear socks for at least one hour after putting the lotion on.
7. If your heels are really dry and prone to cracking, apply a heel balm or creme with uremol to help return the moisture balance.

NOTE: If you are diabetic, it is important that you have your feet examined by a health professional, such as your family doctor, nurse or foot care specialist, at least once per year and more often if you have any issues.

For more helpful foot care resources, please see the Foot & Lower Leg Clinic page at **eopcn.ca**.

If you have any questions or concerns, please call our front desk at 780-453-3757 and ask to speak to a member of our foot care team.

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