

Patients with neuropathy can lose the ability to feel pain, heat, and cold and may therefore be unaware of minor cuts, scrapes, blisters, or pressure sores that can cause serious complications if left untreated.

Neuropathy can also cause deformities such as Bunions, Hammer Toes, and Charcot Feet. Because of the potentially serious consequences of neuropathy, extra precautions must be taken to prevent foot-related injuries.

It is important to: Check the feet every day for cuts, blisters, cracked skin, calluses, etc. A mirror can be used if it is difficult to see the bottom of the feet. Wash the feet every day, dry thoroughly and rub skin lotion in to keep the skin soft. Smooth corns and calluses gently. Keep toenails trimmed.

Avoid walking barefoot and ensure appropriate footwear (cushioned well fitted shoes with a wide toe box; removable insoles and orthotics may be helpful).

Keep the feet warm and dry.

Avoid heat from hot water bottles etc. and it is inadvisable to soak the feet for too long in a spa bath. Promote improved blood flow by putting the feet up when sitting, avoiding crossing the legs, stop smoking, perform gentle foot exercises.