



## Advanced Podiatry Services

Howard A. Penn, D.P.M., F.A.C.F.S.

1271 Ridge Road, Lackawanna, NY 14218

(716) 824-9835 Fax: (716) 827-7095

### Diplomate:

American Board  
Of Podiatric Surgery

Board Certified in  
Foot Surgery

### Fellow:

American College of  
Foot & Ankle Surgeons

### Member:

American  
Podiatric  
Medical  
Association

New York  
Podiatric  
Medical  
Association

American  
Diabetes  
Association

American  
Arthritis  
Foundation

### Staff Podiatrist:

Mercy Hospital  
Our Lady of Victory  
St. Joseph Hospital

### Caring, soothing

#### Relief for:

- Corns
- Calluses
- Ingrown nails
- Fungal nails
- Heel Pain
- Bunions
- Hammertoes
- Diabetic foot care
- Arthritic foot care

### Convenient

#### Care with you

#### In mind:

- Morning and evening appointments
- 24-hour emergency care
- Same-day appointments
- Most insurances accepted

## Important Foot Care for Diabetic Patients

1. Your foot health status can change. Your feet should be professionally examined at each clinic visit.
2. Wash your feet daily and dry them well. Always wear clean socks or hosiery. Try to buy hosiery with as much cotton and as little synthetic fiber as possible.
3. Inspect your feet daily. Check for redness, blisters, cuts or scratches, cracks between toes, discolorations, or any other change. Monitor minor abrasions, keep them clean, and treat with the antiseptic recommended on this form. If you notice infection, change, or abnormality, call our office promptly. Because diabetes may cause loss of feeling in your feet, regular inspection is essential. You could have an infection and not know it.
4. Avoid actions that restrict circulation to your feet, such as smoking, sitting with your legs crossed, and exposing your feet and legs to cold or heat, such as prolonged sunlight.
5. Avoid burns, including excessive sunburn. Do not put your feet in hot water or add hot water to a bath without testing the water temperature. Avoid hot water bottles and heating pads.
6. Do not use over-the-counter corn cures. These preparations contain acid and can destroy tissue. Once tissue is lost, you can develop breaks in the skin which can cause infection.
7. Prevent unnecessary cuts and irritations. Do not walk barefoot, wear run-down shoes or worn hosiery. Do not treat your own foot problems with sharp instruments or dig into the corners of your toenails.
8. When toenails are trimmed, be sure they are straight across, and not below the top of the toe.
9. Wear shoes that fit. The widest part of the shoe should match the widest part of your foot. The shoe should follow the natural outline of your foot and be snug, but not tight. In general, shoes should have a firm counter that will keep the foot in place in the shoe. The heel should give a wide base of support.

Website: [www.drhowardpenn.com](http://www.drhowardpenn.com)