ULTRA FOOT CARE

FOOT HEALTH / PATIENT RESOURCE 01

Everyday foot care

Simple habits for comfortable, protected feet.

1 Look every day

- Check the tops, soles, heels and spaces between your toes. Look for cracks, blisters, swelling, sores or changes in colour.
- Use a mirror or ask someone to help if you cannot see or reach your feet. Report new pain, warmth or redness.

2 Wash, dry and moisturize

- Use lukewarm water and mild soap. Dry gently, especially between your toes. Avoid soaking if you have diabetes.
- Apply moisturizer to dry heels and soles, but not between toes. Do not put ordinary moisturizer into an open wound.

3 Protect your feet

- Wear clean socks and supportive shoes that do not rub. Check inside shoes for stones, rough seams or other objects.
- Get help with thick nails or hard-to-reach feet. If you have diabetes, numbness or poor circulation, ask your clinician which nail care is safe.

When to get help

Contact a clinician promptly for a new sore or signs of infection. Seek urgent medical care for a suddenly cold, pale or blue foot, or a red, hot, swollen foot. Do not wait for a routine foot-care appointment.

Questions or appointments: 587-882-8175 | Edmonton, Alberta

Ultraworldglobal@gmail.com

Health advice in Alberta: 811 (24/7). Medical emergency: 911.

Sources & further reading (click): MyHealth Alberta: Foot and toenail care; Diabetes Canada: Foot care; MyHealth Alberta: Diabetes foot care; MyHealth Alberta: Urgent foot warning signs

General education; follow your individual care plan. Not a diagnosis or emergency service.

Prepared 17 November 2026 | Original patient summary; no source endorsement implied.