



Foot Creams recommended by the Diabetes Foot Health Program

Dry skin needs extra care. Choosing what type of moisturizer is important and we are here to help! Using a water-based moisturizer may not help improve your skin—which may be what you are currently using is not helping. We have recommended these creams based on your needs. These are more effective at trapping moisture in the skin. You will need to use less and they can be applied once daily.

□ DRY SKIN (\$10- \$20.00)

These creams have ingredients that help keep your feet supple and soft. They are used for dry skin with little callusing.

- Gold Bond Foot Cream (various types)
- Curel Foot Therapy Soothing Cream
 - Neutrogena Foot Cream
- Vaseline Cracked Heel Rescue Foot Cream
 - O'Keefe's Healthy Feet Cream
 - Coloplast Sween 24 Cream
 - Aquaphor Healing Ointment

□ VERY DRY, CALLUS OR CRACKED SKIN (UNDER \$25.00)

These creams have high concentrations skin softening agents (urea, alpha-hydroxy acid) to help soften thick and cracked skin.

- Flexitol Heel Balm
- Coloplast Atrac-Tain
- Eucerin Complete Repair Moisturing Foot Cream
 - Dermal Therapy Heel Care
- Urisec Therapeutic Moisture Cream 22%
 - AmLactin Foot Repair Foot Cream

How to use a foot cream:

1. Use warm water and a mild skin cleanser or mild soap. Gently, in a circular motion use a soft wash cloth or sponge to remove debris and dead skin. Remember to wash in between your toes!
2. Pat your skin dry with a towel. Make sure you thoroughly dry between your toes.
3. Use a dime-sized amount of moisturizer for both feet. Apply to the bottom of your foot and use the residual amount on the tops of your feet. **DO NOT APPLY FOOT MOISTURIZERS IN BETWEEN YOUR TOES.** Doing so may cause excessive moisture or even a fungal infection.