

Foot Health Self-Assessment & Action Plan

Step 1: Assess Your Foot Health Status

Check all that apply to your current situation:

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Question	Ye s	No
I have diabetes, prediabetes, or peripheral neuropathy	<input type="checkbox"/>	<input type="checkbox"/>
I have poor circulation or peripheral artery disease	<input type="checkbox"/>	<input type="checkbox"/>
I experience numbness or tingling in my feet	<input type="checkbox"/>	<input type="checkbox"/>
I have recurring ingrown toenails (more than 2 per year)	<input type="checkbox"/>	<input type="checkbox"/>
I have thick, discolored, or crumbly nails	<input type="checkbox"/>	<input type="checkbox"/>
I have deep cracks in my heels that bleed or hurt	<input type="checkbox"/>	<input type="checkbox"/>
I have calluses or corns that cause pain when walking	<input type="checkbox"/>	<input type="checkbox"/>
I have a history of foot ulcers or slow-healing wounds	<input type="checkbox"/>	<input type="checkbox"/>
I take blood thinners or have a bleeding disorder	<input type="checkbox"/>	<input type="checkbox"/>

I am immunocompromised or have an autoimmune condition	<input type="checkbox"/>	<input type="checkbox"/>
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Scoring:

- 0-1 "Yes": Spa pedicure is appropriate. Focus on relaxation and aesthetics.
- 2-3 "Yes": Consider a medical pedicure for initial assessment, then maintenance.
- 4+ "Yes": Medical pedicure is strongly recommended. Avoid standard salon services.

Step 2: Salon Evaluation Checklist

Before booking any appointment, verify these critical factors:

For Spa Pedicures:

- Salon uses disposable liners for foot baths or medical-grade disinfectants between clients
- Nail technicians wear fresh gloves for each client
- Tools are sealed in sterilization pouches or opened from new packages in front of you
- Technicians do not cut cuticles (only push back gently)
- Salon has visible licenses displayed and positive recent reviews mentioning hygiene
- You do not have any open cuts, sores, or active infections on your feet

For Medical Pedicures:

- Provider is a licensed podiatrist or certified medical nail technician
- Facility uses hospital-grade autoclave sterilization for all instruments
- Initial consultation includes foot health screening and medical history review
- Provider has specific training in diabetic foot care (if applicable)
- Treatment room follows clinical cleanliness standards, not just spa aesthetics
- Provider communicates with your primary care physician or endocrinologist if needed

Red Flags – Go Elsewhere If You See:

- Reusable tools sitting in blue liquid (insufficient sterilization)
- Technicians using razors, credo blades, or cheese grater-style tools on calluses
- Foot baths with visible residue or unclean appearance
- Technician cuts your cuticles or aggressive trims skin
- No visible handwashing or glove changing between clients
- Pressure to add services you didn't request

 **17 Step 3: Create Your Personal Foot Care Schedule**

Based on your assessment above, mark your calendar:

If you chose SPA PEDICURE:

- Book professional spa pedicure: Every 6-8 weeks
- At-home maintenance: Weekly pumice stone use + daily moisturizing
- Self-inspection: Check feet monthly for changes (color, texture, nail appearance)
- Reassessment: If any "Yes" answers from Step 1 develop, switch to medical pedicure

If you chose MEDICAL PEDICURE:

- Initial comprehensive evaluation: Book within 2 weeks
- Follow-up medical pedicures: Every 4-6 weeks (or as directed by provider)
- Daily self-care: Inspect feet every night (use mirror for soles), moisturize with urea-based cream
- Annual podiatry checkup: Schedule even if feet feel fine
- Emergency plan: Know the warning signs requiring immediate care (see Step 5)

 **Step 4: Daily At-Home Care Routine (5 Minutes)**

Morning:

- Wash feet with mild soap and lukewarm water (test temperature with elbow if you have neuropathy)
- Dry thoroughly between toes with clean towel
- Apply moisturizer to tops and bottoms of feet (NOT between toes)
- Put on clean, moisture-wicking socks and properly fitting shoes

Evening:

- Inspect feet for cuts, blisters, redness, swelling, or nail changes
- If skin is dry, reapply moisturizer and wear cotton socks overnight
- For callus maintenance: Use pumice stone gently (only if no open skin)

Weekly:

- Trim nails straight across, file edges smooth (only if you can see and reach comfortably)
- Change out exfoliation tools and wash foot care accessories
- Check shoe interiors for rough spots, foreign objects, or wear patterns

 **Step 5: Warning Signs – Seek Immediate Medical Care**

Do not wait for your next scheduled appointment if you notice:

- Any break in the skin that doesn't start healing within 24 hours
- Increasing redness, warmth, swelling, or drainage from any foot area
- Black, blue, or gray discoloration of skin or nails
- Sudden increase in pain or loss of sensation
- Signs of infection: pus, foul odor, red streaks moving up foot/leg
- Ingrown toenail with pus or severe pain
- New wound on the sole of the foot (common in diabetes with neuropathy)

Action: Contact your podiatrist immediately or go to urgent care/ER if severe.

 **Step 6: Pre-Appointment Preparation**

Before your pedicure (spa or medical), complete this checklist:

- Remove old nail polish at home (reduces chemical exposure time)
- Note any concerns to discuss with provider (pain points, changes since last visit)
- Bring list of current medications (especially blood thinners, diabetes meds)
- Wear open-toed shoes or bring a pair to avoid smudging polish
- Do not shave legs within 24 hours of appointment (micro-cuts increase infection risk)
- Eat a normal meal before appointment (especially important for diabetics)

✓ Your Action Items This Week

Based on your Step 1 score, circle your priority actions:

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If SPA PEDICURE route:	If MEDICAL PEDICURE route:
<input type="checkbox"/> Research 3 salons using the evaluation checklist	<input type="checkbox"/> Schedule podiatry consultation within 7 days
<input type="checkbox"/> Book appointment for next 2 weeks	<input type="checkbox"/> Gather medical history and medication list
<input type="checkbox"/> Purchase urea foot cream (20-40%)	<input type="checkbox"/> Set up daily foot inspection reminder on phone
<input type="checkbox"/> Inspect current shoes for proper fit	<input type="checkbox"/> Notify primary care doctor of foot care plan

Print or screenshot this checklist and keep it accessible. Your feet carry you through life – investing 5 minutes daily and choosing the right professional care prevents minor issues from becoming major medical problems.