

GARY S. SCHEININ, D.P.M.

A PROFESSIONAL MEDICAL CORPORATION

DIPLOMATE, AMERICAN BOARD OF FOOT & ANKLE SURGERY

FELLOW, AMERICAN
COLLEGE OF FOOT &
ANKLE SURGEONS

BOARD CERTIFIED IN
FOOT & ANKLE
SURGERY

Diabetic Ulcer - Wound Care

I recommend the following to assist your healing:

- **Increase** your daily **protein** intake-supplemental drinks, dairy, eggs
- **Multivitamin + Minerals** - Ca + Mg + Zinc – Men’s/Women’s
- **Vitamin C** 500-1000 mg / day
- **Vitamin D3** 1000-2000 iu / day if you are already on a supplemental dose make sure Dr. Scheinin knows this

- **Dakin’s Solution 0.0125%** Century Pharmaceutical (Di-Dak-Sol diluted Dakin’s Amazon, pharmacy
- **Betadyne Solution** _____
 - **Acetic Acid-Vinegar (.25% Acetic Acid** - sold in some pharmacies) To make your own solution your will need: **Vinegar**-white is 5% acetic acid: To **make 1-quart**→ Combine **3tbsp. vinegar + 1-quart water**
 - Change dressing/bandage _____ x daily
 - Apply **small** amount of: [] **Bactroban 2% (mupirocin)** ointment [] **Amerigel**
 - Cover with gauze square then held with **Coflex-Coban**, Ace wrap
 - Stay in **surgical shoe** or **cast boot** – use the offloading pad(s) as fitted

Wash Ulcer-wound: 1 - 2 x per day with [] Dakin’s [] Acetic Acid [] Betadyne solution [] Antibacterial soap Use a gauze pad or wash cloth.

Apply small amount of [] Mupirocin-Bactroban 2% ointment [] Amerigel [] Iodosorb Gel

Wet-Dry Bandage: moisten gauze with: [] Dakin’s [] Acetic Acid [] Betadyne Cover with 2 or more dry sterile gauze pads held with Coflex-Coban Ace Wrap

Bandage=Dressing: Apply **new bandage** after each washing/soak - use sterile gauze held in place with Coflex=Coban, appropriate size band-aid 1-2inch Add **Hypoallergenic tape- paper tape** to hold in place as needed.

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