



BRUCATO FOOT & ANKLE SURGERY

May/June 2020 Newsletter

HELP OUR HOSPITALS

AVOID THE EDS/URGENT CARES
FOOT OR ANKLE EMERGENCIES 551.204.2755
24/7 HOTLINE

Keep Your Kids' Feet & Ankles Safe This Summer

While your kids may love to go barefoot during the summer, doing so may expose their feet to numerous potential injuries that can ruin the rest of the season for them. Follow these tips to keep your kids on their feet all summer long.

1. Protect against puncture wounds.

What lies hidden in the grass, dirt or sand can wreak havoc on bare feet. Nails, shards of glass, discarded toothpicks, splinters of wood, pieces of seashell at the beach or thorns from trees and plants can puncture the skin of the foot and cause serious injury. Even after the object is completely removed from the foot, any dirt or bacteria pushed into the puncture wound can lead to an infection, painful scarring or even a cyst. Any puncture wounds should be treated promptly in our office within 24 hours.

2. Be cautious around bicycles and lawnmowers.

Besides the hidden dangers, "everyday kid injuries" can also interrupt a summer break. Protect your kids' feet and ankles from traumatic injuries caused by bicycles and lawnmowers by making sure they wear sturdy shoes while riding a bike or when cutting the grass.



3. Apply sunscreen to the tops and bottoms of their feet.

Feet, like shoulders, burn faster than the rest of the body since they are more perpendicular to the sun's harmful rays. Not only is sunburn of the feet painful, it can also cause skin cancers that often go unnoticed until they become serious.

Contact our office for more sensible safety tips to keep your kids' feet and ankles safe this summer.

MARYELLEN BRUCATO,
DPM, FACFAS

RECOMMENDED SANDALS

- Reefs
- Vionics
- Rainbow Sandals
- Fit Flops
- Sanuks
- Oofos



SWEET
ARCH BRO

Beat the Heat with Healthy Summer Feet

Summer is the time for picnics, pool parties and playing outside—not foot pain. Follow these ten tips for keeping your feet pain-free this summer:

- 1. Don't walk barefoot.** Your feet can suffer cuts and puncture wounds that can become infected.
- 2. Apply sunscreen to your feet** to protect against sunburn and skin cancer.
- 3. Wear socks.** Bare feet inside of shoes can lead to athlete's foot and other fungal infections, blisters and calluses. Change socks throughout the day when necessary to keep feet dry.
- 4. Don't pop blisters.** These are a natural barrier to infection.
- 5. Don't fall for fashion trends.** When buying sandals, make sure they provide arch support and heel cushioning.
- 6. Wear larger shoes** to accommodate swollen feet, especially if you work outside.
- 7. Clean and disinfect** spider and ant bites to avoid infection.
- 8. Stay hydrated** to avoid leg cramps and muscle spasms.
- 9. Warm up and stretch** before exercising and cool down and stretch afterward. This will help prevent injuries to the Achilles tendon and plantar fascia.
- 10. If your feet hurt, come see us.** Foot and ankle pain shouldn't be ignored. If pain persists after three days of rest, schedule an appointment with our office.



CONTACT US

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WHAT IS A TELEHEALTH APPOINTMENT?

- simultaneous video & audio appointment with Dr. B
- completely private & HIPAA compliant
- covered by your insurance company
- MOST of the time no copay applies

