

**Facebook:**

1. While #stayhome recommendations remain in place, we are still able to serve our patients! Give us a call today if you're experiencing any foot or ankle pain, and we can determine if an in-person visit is right for you.
2. Did you know untreated puncture wounds can become infected? Despite the COVID-19 pandemic, any break in the skin that causes bleeding, pus, or swelling requires immediate attention from one of our podiatrists. Contact us for treatment options.
3. During the COVID-19 pandemic, we are ready to treat emergencies like fractures and sprains to keep you out of the emergency room. If you have trouble walking or severe pain, don't wait—give us a call today!
4. It's possible that an ingrown toenail may become infected, and at-home remedies may not be enough. Our office is ready to provide recommendations on the treatment of these painful problems, even over the phone.
5. We encourage you to #stayhome to flatten the curve. But if you have diabetes, be extra vigilant about daily foot checks to help you identify any changes in your feet sooner rather than later. Don't wait to give us a call if you notice drainage, sores, or any other changes!
6. We want to recognize and thank all our fellow medical professionals treating patients on the frontlines of the COVID-19 pandemic. We will get through this together!
7. There are some conditions of the foot and ankle that require immediate treatment, while others do not. If you are abiding by #stayhome orders but aren't sure about your condition, let us help. Telemedicine may be available!
8. Protecting your feet while you #stayhome is critical to avoid unnecessary complications or infections that may require immediate attention. Wear shoes even inside, change your socks daily, and don't neglect good hygiene!
9. It's not easy to #stayhome. If you feel isolated or lonely, check out this helpful information to #stayconnected to friends and loved ones.  
<https://www.medicareadvantage.com/resources/senior-guide-to-mental-health-during-covid-19> And if you have a concern about your foot health, contact our office!

**Twitter:**

1. Serving our patients is a top priority, and it's possible we can treat your foot or ankle condition via telemedicine. If you experience any kind of foot pain, don't wait to contact us while #stayhome orders are in effect.
2. It's important to #stayhome, but don't neglect your health to do so. If you experience an injury to your foot or ankle, call us right away! Our team will assess the situation and set up an in-person appointment if needed. #foothealth
3. During the COVID-19 pandemic, we recommend those with diabetes pay close attention to their feet. Start with daily foot checks and contact us right away if you notice any changes!
4. Fractures are breaks in the bones of your foot or ankle and require immediate attention, even during a pandemic. Contact our office right away if you experience pain, swelling, bruising, or difficulty walking.

5. Any open wound on your foot or ankle is susceptible to infection. Don't forget to wear protective footwear at home, and call us right away if you notice any pain!
6. We want to recognize and thank all our fellow medical professionals treating patients on the frontlines of the COVID-19 pandemic. We will get through this together!
7. There are some conditions of the foot and ankle that require immediate treatment, while others can wait. If you aren't sure of your condition, let us help!
8. Protecting your feet while you #stayhome is critical to avoid unnecessary complications or infections that may require immediate attention. Practice good hygiene, wear shoes inside, and check your feet daily!
9. It's not easy to #stayhome. If you feel isolated or lonely, check out this helpful information to #stayconnected to friends and loved ones.  
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### **LinkedIn:**

1. We are here to serve you even under #stayhome orders. It's important to remember that foot pain is never normal, so contact our office right away, and we will assess your condition to determine if an in-person visit is necessary.
2. What appointments should you keep, even under #stayhome orders? Post-op appointments are at the top of the list. These visits are critical to identify potential complications and help ensure you are healing properly.
3. Trauma to the foot or ankle that causes bleeding, pus, or swelling shouldn't be ignored. We recommend seeking treatment right away to reduce the likelihood of infection. Contact our office right away!
4. When #stayhome orders are in place, it's vital for patients with diabetes to check their feet every day. If you notice a change or a new wound, call our office immediately so that we can assess the next steps for treatment.
5. Did you know a fracture, or break in the bone of your foot or ankle, won't heal on its own? If you notice pain, swelling, bruising, or loss of mobility, contact us now.
6. We want to recognize and thank all our fellow medical professionals treating patients on the frontlines of the COVID-19 pandemic. We will get through this together!
7. You might want to #stayhome during the COVID-19 pandemic, but there are some conditions of the foot and ankle that require immediate treatment. If you aren't sure of your condition, let us help by offering a telemedicine consultation!
10. Protecting your feet while you #stayhome is critical to avoid unnecessary complications or infections that may require immediate care. Practice good hygiene, wear shoes inside, and check your feet daily!
11. It's not easy to #stayhome. If you feel isolated or lonely, check out this helpful information to #stayconnected to friends and loved ones.  
<https://www.medicareadvantage.com/resources/senior-guide-to-mental-health-during-covid-19> And if you have a concern about your foot health, contact our office!