

Diabetic Foot Care Tips



1. Check your feet every day.

- Look at your bare feet every day for cuts, blisters, red spots, and swelling.
- Use a mirror to check the bottoms of your feet or ask a family member for help if you have trouble seeing.

2. Wash your feet every day.

- Wash your feet in warm, not hot, water every day.
- Dry your feet well. Be sure to dry between the toes.

3. Keep the skin soft and smooth.

- Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.

4. Smooth corns and calluses gently.

- If your feet are at low risk for problems, use a pumice stone to smooth corns and calluses.
- Do not use over-the-counter products or sharp objects on corns or calluses.

5. If you can see and reach your toenails, trim them each week or when needed.

- Trim your toenails straight across and file the edges with an emery board or nail file.

6. Wear shoes and socks at all times.

- Never walk bare foot.
- Feel inside your shoes before putting them on each time to make sure the lining is smooth and there are no objects inside.
- Wear white socks and check when you take them off to see if there is any blood or fluid from a sore on them.

7. Choose the right shoes.

- Buy shoes that fit properly and have good arch support.
- Choose shoes made of soft leather. They should not fit tightly anywhere. To get the best fit, try on shoes at the end of the day when your feet are a little swollen.

8. Break in new shoes slowly.

- Wear the shoes for 1 to 2 hours. Then check your feet for red spots. If you have red spots, do not wear the shoes again until the red spots are gone.
- Slowly break in new shoes by wearing them one hour longer each day every 3 days.

9. Protect your feet from hot and cold.

- Wear shoes at the beach or on hot pavement.
- Wear socks at night if your feet get cold.
- Do not test bath water with your feet.
- Do not use hot water bottles or heating pads.

10. Keep the blood flowing to your feet.

- Put your feet up when sitting.
- Wiggle your toes and move your ankles up and down for 5 minutes, 2 or 3 times a day.
- Do not cross your legs for long periods of time.
- Do not smoke.

11. Avoid things that can hurt your feet.

- Do not use hydrogen peroxide, iodine, or astringents (such as rubbing alcohol or witch hazel) on your feet.
- Do not wear stretch socks, nylon socks, socks with inside seams, or socks with an elastic band or garter at the top.

12. Check with your doctor.

- Have your doctor check your bare feet and find out whether you are likely to have serious foot problems.
- Call your doctor right away if you find a cut, sore, blister, or bruise on your foot that does not begin to heal after one day.
- Report signs of ingrown toenails: redness, drainage, and swelling.

13. Take care of your diabetes.

- Work with your health care team to keep your blood sugar within a good range.