

Foot Care Tips

THE DIABETES CENTER

TAKING CARE OF YOUR FEET FOR A LIFETIME

Take care of your Diabetes

- Work with your health-care provider to keep your blood sugar within a goal range.

Check your feet everyday

- 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.

Wash your feet everyday

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

Keep skin soft and smooth

- Rub cream over the tops and bottoms of feet but not between the toes.

Smooth corns and callouses gently

- You may use a pumice stone but do not use sharp objects on corns and calluses.

Trim toenails straight across

Wear shoes and socks at all times

- Never walk barefoot.
- Wear comfortable shoes that fit well and protect your feet.
- Feel inside your shoes before putting them on to make sure the lining is smooth and there are no objects inside.

Protect your feet from hot and cold

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

