

Foot Care for People with Diabetes

Diabetes can harm the nerves in your feet and can slow down the flow of blood to your feet. You might not feel cuts or bruises and more time may be needed for wounds to heal. Be proactive. Prevent or catch problems early.

Self Care

- ◆ **Check your feet daily**—use a mirror if needed
Look for cuts, cracks, blisters, red spots, or swelling on the top, bottom and between your toes.
- ◆ **Wash your feet daily**
Use lukewarm water and mild soap. Do not soak your feet. Dry your feet well, especially between your toes
- ◆ **Keep your skin soft and smooth**
Use skin lotion on the tops and bottoms of your feet---
but not between your toes.
- ◆ **Cut your nails straight across and file the edges**
If your toenails are thick and difficult to cut, see a podiatrist.
- ◆ **Do not perform “surgery” on your feet**
Avoid chemicals and sharp instruments. Use a pumice stone to smooth calluses. If you have warts or corns, see your doctor.

Footwear

- ◆ Wear socks and shoes at all times.
- ◆ Make sure you have comfortable shoes that fit well and protect your feet.
- ◆ Avoid sandals or shoes with open toes or heels.

Other Things to Do

- ◆ If you smoke, stop.
- ◆ Don't cross your legs for long periods of time
- ◆ Keep your blood sugar as close to normal as possible
- ◆ Remove shoes and socks at each doctor visit for a foot inspection
- ◆ Act quickly if you suspect a problem. Call your doctor.