

Diabetic Foot Care Education

With proper self-care, most symptoms can be reduced and foot ulcers minimized. Early recognition of an ulcer and immediate care under your physician's direction can prevent complications.



CHECK YOUR FEET DAILY

Look for blisters, cuts and scratches. Use a long-handled mirror or place a mirror on the floor to see the bottom of your feet. Always check between your toes.



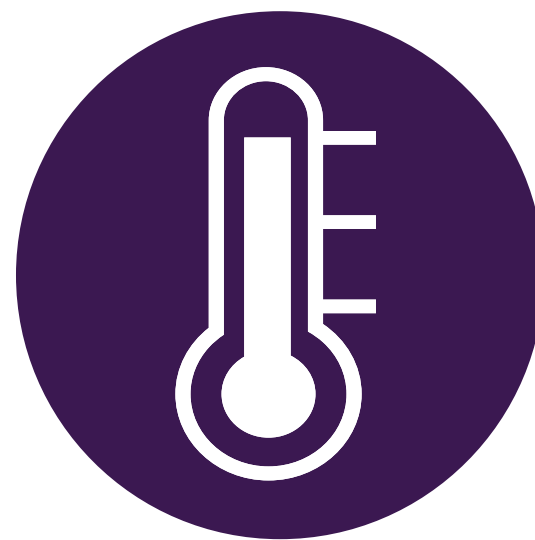
DO NOT WEAR SHOES WITHOUT SOCKS OR STOCKINGS

Wear clean, properly fitted socks. Cotton or cotton-blend socks are recommended.



KEEP YOUR FEET CLEAN

Wash daily, dry carefully- especially between the toes.



AVOID TEMPERATURE EXTREMES

Test water temperature with your hand or elbow prior to bathing. Do not soak your feet in hot water or apply a hot water bottle. If your feet feel cold at night; wear socks.



MOISTURIZE YOUR FEET

Apply a moisturizer as recommended by your physician, but never apply between toes as that can lead to a fungal infection.



TRIM YOUR TOENAILS REGULARLY

Always cut your nails straight across.



DO NOT WALK BAREFOOT

That includes on sandy beaches and pool/patio areas.



DO NOT USE OVER-THE-COUNTER REMEDIES FOR CORNS

See a podiatrist to have these evaluated.



WEAR PROPERLY FITTED SHOES

Shoes should be comfortable when purchased. Do not wear narrow, pointed toe or high-heeled shoes.



AVOID CROSSING YOUR LEGS

This causes pressure on the nerves and blood vessels, resulting in less blood flow to your feet.



INSPECT THE INSIDE OF YOUR SHOES DAILY

Check for foreign objects, tears or rough areas on the inside of the shoe.



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