

# FOOT CARE TIPS

- ✓ Check your feet every day for cuts, blisters, red spots, and swelling. Be sure to check the bottoms of your feet, too - use a mirror, or ask a family member for help if you have trouble seeing.
- ✓ Wash your feet every day in warm - not hot - water. Dry your feet well. Be sure to dry between the toes.
- ✓ 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.
- ✓ If you can see and reach your toenails, trim them weekly or as needed. Trim your toenails straight across and file the edges with an emery board or nail file. If you can't see your toenails or you see blood when you trim them, contact your health care provider.
- ✓ Wear shoes and socks at all times. Wear comfortable shoes that fit well and protect your feet.
- ✓ Always feel inside your shoes before you put them on each time to make sure the lining is smooth and there is nothing inside the shoe.
- ✓ 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. Don't test bath water with your feet. Don't use hot water bottles or heating pads on your feet.



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- ✓ Have your provider or nurse check your bare feet. Remember that you may not feel the pain of an injury. Call your provider right away if you find a cut, sore, blister, or bruise on your foot that does not begin to heal after a few days. Follow your provider's advice about foot care.
- ✓ Keep the blood flowing to your feet. Put your feet up when sitting, on a footrest or another chair. Wiggle your toes and move your ankles up and down for 5 minutes, 2 or 3 times a day. Don't cross your legs for long periods of time.
- ✓ Be physically active. Talk with your health care team about which physical activities are best for you.
- ✓ Get started now. Begin taking good care of your feet today. Set a time every day to check your feet.
- ✓ Take care of your diabetes. Work with your health care team to manage your blood sugar.

**Talk with your health care team or diabetes educator if you have questions about your foot care.**

