

# Foot Care Tips

## Take Care of Your Feet for a Lifetime.

### 1. Take care of your diabetes.

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

### 2. 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.

### 3. 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.

### 4. 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.

### 5. Smooth corns and calluses gently.

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

### 6. 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.

### 7. 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 each time to make sure the lining is smooth and there are no objects inside.

### 8. 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.

### 9. 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.
- Don't cross your legs for long periods of time.
- Don't smoke.

### 10. Be more active.

- Plan your physical activity program with your doctor.

### 11. Check with your doctor.

- Have your doctor check your bare feet and find out whether you are likely to have serious foot problems. Remember that you may not feel the pain of an injury.
- 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.
- Follow your doctor's advice about foot care.

### 12. Get started now.

- Begin taking good care of your feet today.
- Set a time every day to check your feet.
- Complete the "To Do" list on the back of this page and...

**take care of your feet  
for a lifetime.**