

Foot care for people with diabetes

People with diabetes have to take special care of their feet. You should have a comprehensive foot exam by your doctor every year. Have your feet examined during every visit if you have problems with your feet, like loss of feeling, changes in the shape of your feet, or foot ulcers. This page shows some more things you can do on your own every day to keep your feet healthy.

Wash your feet in warm water every day. Test the water with your elbow to make sure that it is not too hot.



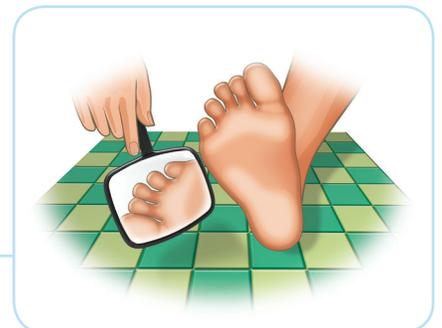
Dry your feet well, especially between the toes.



Keep the skin soft with a moisturizing lotion, but do not apply it between the toes.



Inspect your feet every day for cuts, sores, blisters, redness, calluses, or other problems. If you cannot see well, ask someone else to check your feet for you. Report any changes in your feet to your diabetes care team right away.



Ask your diabetes care team or your podiatrist (foot specialist) how you should care for your toenails. If you want to have a pedicure, talk with your team about whether it is safe for you.



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To avoid blisters, always wear clean, soft socks that fit you. Do not wear socks or knee-high stockings that are too tight below your knee.



Always wear shoes that fit well. Break them in slowly.



To avoid injuring your feet, never walk barefoot indoors or outdoors.



Before putting your shoes on, feel the insides for sharp edges, cracks, pebbles, nails, or anything that could hurt your feet. Let your diabetes care team know right away if you injure your foot.



For more information, visit
Cornerstones4Care.com

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