



Instructions for Diabetic Foot Care

- 1) Inspect your feet daily for blisters, cuts, scratches, scaling and discoloration of the skin. If you are unable to -- then have a family member or healthcare giver check.
- 2) Wash feet daily with mild, non-abrasive soap and warm water. Then dry feet carefully and completely, especially between the toes.
- 3) Avoid extreme temperatures. Do not use hot water bottles or heating pads.
- 4) If your feet are cold at night, then wear a pair of cotton or wool socks to bed.
- 5) Wear properly fitted stockings that do not have seems or are mended, and change them each day with a fresh pair.
- 6) Wear properly fitted shoes with soft leather or canvas uppers and flexible soles, with a strap or laces. Open toed or open heel shoes/sandals are not advisable.
- 7) Inspect inside of shoes for any foreign objects, torn or crumpled linings.
- 8) NEVER WALK BAREFOOTED.
- 9) **NEVER cut or “dig out” corners of nails, or cut your own nails.**
- 10) **Never use chemical pads or agents to remove corns or calluses.** Do not cut corns or calluses with any sharp objects like razors, nail cutters, or nail files. Seek the care of a podiatrist if these problems develop.
- 11) **AVOID SMOKING**
- 12) See your family physician regularly and have your feet checked at each visit.