

Diabetes - What can I do to Take Care of my Feet?



Wash your feet in warm water every day.

Make sure the water is not too hot by testing the temperature with your elbow. Do not soak your feet. Dry your feet well, especially between your toes.

Look at your feet every day to check for cuts, sores, blisters, redness, calluses, or other problems.

Checking every day is even more important if you have nerve damage or poor blood flow. If you cannot bend over or pull your feet up to check them, use a mirror. If you cannot see well, ask someone else to check your feet. If your skin is dry, rub lotion on your feet after you wash and dry them. Do not put lotion between your toes. File corns and calluses gently with an emery board or pumice stone. Do this after your bath or shower.

Cut your toenails once a week or when needed.

Cut toenails when they are soft from washing. Cut them to the shape of the toe and not too short. File the edges with an emery board. If you can't easily cut your nails properly then ask for help or go to a doctor who specializes in caring for feet (podiatrist).



Always wear shoes or slippers to protect your feet from injuries. Always wear socks or stockings to avoid blisters. Do not wear socks or knee-high stockings that are too tight below your knee. Wear shoes that fit well. Shop for shoes at the end of the day when your feet are bigger. Break in shoes slowly. Wear them 1 to 2 hours each day for the first 1 to 2 weeks. Before putting your shoes on, feel the insides to make sure they have no sharp edges or objects that might injure your feet.

Text – National Institute of Diabetes & Kidney Diseases
Publication 03-4282 May 2008
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Reviewed 3/2009