

Diabetic Foot Care Tips

The following are tips you can provide patients when educating them about diabetic foot care:

- Keep your blood sugars within an acceptable range by getting treatment from your healthcare team.
- Inspect your bare feet daily for any type of break in the skin, redness, or swelling. Remember to look at the bottom of your feet using a mirror. Ask a family member to help if you have difficulty seeing.
- Wash your feet using warm water daily. Avoid hot water as it can damage the skin. Be sure to dry your feet thoroughly especially between the toes.
- Apply lotion to your feet but not between the toes.
- Keep corns and calluses on your feet smooth by using a pumice stone, if approved by your healthcare team. Avoid the use of sharp objects and over-the-counter corn and callus removers.
- Keep your toe nails trimmed straight across and file the edges with a nail file each week.
- Always wear socks and properly fitted shoes with a good arch support. Do not walk around bare foot. Make sure there are no objects on the inside of your shoes and that the liner is smooth before putting them on.
- Wearing white socks can help you spot any blood or fluid from a wound if checked when removed.
- When buying new shoes, choose ones made of soft leather. Shoes should not fit tightly or rub your feet. The best time to try on shoes is at the end of the day when your feet are slightly swollen. Doing so will ensure shoes are not too tight when your feet are swollen.
- When breaking in new shoes, wear them for no more than 2 hours at a time. Look for redness on your feet after removing. Do not wear the same shoes until any red spots disappear. Gradually increase the time you wear new shoes by one hour each day every three days.
- Protect your feet from hot and cold temperatures. Wear shoes when on sand or hot pavement. If your feet get cold, put on socks. Do not test bath water with your feet or use heating pads or hot water bottles on them.
- Elevate your feet when sitting, if possible, and move your toes and ankles for five minutes 2-3 times each day. Do not cross your legs when sitting. Avoid smoking. These items help keep blood flowing to the feet.
- Stay away from anything that can hurt your feet. Avoid using hydrogen peroxide, iodine, alcohol, witch hazel, or other astringents. Do not wear stretch socks, nylon socks, socks with inside seams, or socks with an elastic band at the top.
- Ask your physician to look at your feet with each visit. Notify your healthcare team if you get a cut, sore, blister, or bruise on your foot that doesn't begin to heal after 24 hours. Notify the team if you have ingrown toenails, redness, drainage, or swelling.