

Keep Your Feet Healthy

This handout describes how to keep your feet healthy if you have diabetes. It also covers when to call the doctor.

Get a foot exam

- Every year
- More often if you have foot problems like
 - Foot ulcers
 - Loss of feeling or numbness in feet
- Make sure your doctor checks
 - Both feet
 - Pulse in both feet
 - Bottom of feet with a special instrument for people with diabetes

Check your feet every day

- Check the top, bottom, and between the toes
 - Use a mirror if you need to
 - Look for cuts, cracks, or sores
 - Check for corns and calluses
 - Look for blisters, dry skin, or swelling
- Ask for help if you need it

Wear socks

- No holes, seams, or mended spots
- Always clean

Wear shoes that fit well

- Wide toes and soft soles
- No flip flops or plastic shoes
- No pointy shoes
- No tight shoes
- Check before you put on shoes
 - No small objects in shoes
 - No bumps or tears in lining

Keep Your Feet Healthy Cont'd

Skin care

- Wash your feet each day
 - Use warm water
- Pat feet dry with a soft towel
 - Dry between your toes
 - Treat dry skin with lotion, but not between toes
- Do not try to get rid of corns or calluses yourself
 - Do not use corn plasters
- Do not go barefoot, even at home

Toenails

- It is very important to trim toenails the right way
- Ask your doctor if it is OK for you, someone in your family or a caregiver to trim your toenails
- You may need a professional to do this if you have foot problems like
 - Foot ulcers
 - Loss of feeling or numbness in feet
- Only trim your own toenails if your doctor says it is OK
- Only let a family member trim your toenails if they have been trained to do it
- If you do trim your own toenails
 - Use a new clipper
 - Clip straight across
 - Smooth edges with an emery board