

# DIABETES CARE

## Foot Care Tips

### 1. Check your feet every day.

- ✓ Look at your bare feet every day for cuts, blisters, red spots, and swelling.
- ✓ Use a mirror to check the bottoms of your feet or ask a family member for help if you have trouble seeing.

### 2. Wash your feet every day.

- ✓ Wash your feet in warm, not hot, water every day.
- ✓ Dry your feet. Be sure to dry between the toes.

### 3. Keep the skin soft and smooth.

- ✓ Rub a thin coat of lotion over the tops and bottoms of your feet, but not between your toes.

### 4. Smooth corns and calluses gently.

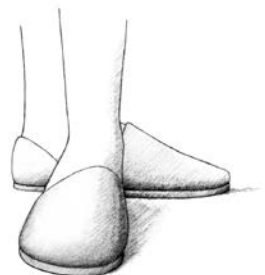
- ✓ If your doctor tells you to, use a pumice stone to gently smooth corns and calluses.
- ✓ Do not use over-the-counter products or sharp objects on corns and calluses.

### 5. If you can see, reach, and feel your feet, trim your toenails regularly. If you cannot, ask a foot doctor (podiatrist) to trim them for you.

- ✓ Trim your toenails straight across and smooth the corners with an emery board or nail file.

### 6. Wear shoes and socks at all times.

- ✓ Never walk barefoot.
- ✓ Wear shoes that fit well and protect your feet.
- ✓ Feel inside your shoes before putting them on to make sure the lining is smooth and that there are no objects inside.



## 7. Protect your feet from hot and cold.

- ✓ Wear shoes at the beach and on hot pavement.
- ✓ Wear socks at night if your feet get cold.
- ✓ Do not test bath water with your feet.
- ✓ Do not use hot water bottles or heating pads on your feet.

## 8. Keep the blood flowing to your feet.

- ✓ Put your feet up when sitting.
- ✓ Wiggle your toes and move your ankles up and down for 5 minutes, two or three times a day.
- ✓ Do not cross your legs for long periods of time.
- ✓ Do not smoke. Call 1-800-NO-BUTTS (1-800-662-8887) for free help with quitting.



## 9. Be active every day.

- ✓ Talk to your health care team about safe ways you can be more active.

## 10. Check with your health care team.

- ✓ Have your doctor or nurse check your bare feet at each visit.
- ✓ Have them tell you if you have foot problems or may get foot problems in the future. Remember that you may not feel the pain of an injury.
- ✓ Call your health care team right away if you find a cut, sore, blister, or bruise on your foot that does not begin to heal after a few days.



**You don't have to do this alone!** For classes and one-on-one support with diabetes care call Alliance Health Programs at **510-747-4577**.

This handout was adapted from National Diabetes Education Program, *Take Care of Your Feet for a Lifetime*, August 2012.

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