

Do's and Don'ts for Proper Diabetic Foot Care

What should I be doing?

- ✓ Wash feet daily with a non-medicated soap gentle enough for a baby's skin. Be gentle when washing your feet and use a soft washcloth.
- ✓ Pat feet dry with soft absorbent cloth.
- ✓ Dry your feet carefully, especially between your toes.
- ✓ Cut your toenails very carefully straight across, avoiding cutting them too short or cutting into corners. If you cannot trim them safely see your podiatrist.
- ✓ Do not try cutting your own corns or calluses. If you cannot take care of them safely see your podiatrist.
- ✓ Wear only proper fitting shoes.
- ✓ Inspect or have someone check at your feet daily to see if there are discolorations of any kind (or other changes that differ from your baseline).
- ✓ Wear sock that are a microfiber that wick away moisture and do not have seams that can irritate the skin.
- ✓ Moisturize your feet daily, but do not apply creams or lotions between your toes
- ✓ If your feet or toes have blisters, cracks, a sore, discoloration or any unusual mark, contact your podiatrist immediately, even if it does not hurt or itch. If you have no podiatrist, ask the doctor taking care of your diabetes to recommend one for you.
- ✓ If you accidentally cut your foot or toes, or injure them in any way, contact your podiatrist immediately – even if you do not think that it is serious and have no bleeding pain or discomfort.
- ✓ Inspect, shake out and feel the inside of your shoes before wearing to make sure they are free of small objects or pebbles.

- ✓ Visit your podiatrist as soon as you find out that you are a diabetic. He or she will examine your feet and tell you how often you should visit the office to prevent foot problems.

What should I avoid doing?

- ∅ **Do not** use any medication, drug, antiseptic or plaster on your feet that have not been prescribed.
- ∅ **Do not** apply hot water bags, heating pads or other heating devices to your feet.
- ∅ **Do not** bathe your feet in hot water. Use lukewarm water to prevent burns.
- ∅ **Do not** cut any hard skin, corns or calluses that you may have on your feet.
- ∅ **Do not** wear shoes or socks that are too tight or too loose.
- ∅ **Do not** attempt injuries involving feet.
- ∅ **Do not** smoke cigarettes - they can rob your feet of the circulation of blood they need.
- ∅ **Do not** cut your toenails if you cannot see well.
- ∅ **Do not** walk barefoot or use socks only for protection. Not even at home!

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Authors: Crystal Murray Holmes, DPM, CWSP and Sari Priesand, DPM

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