

# FOOT CARE TIPS

Take Care of Your Feet for a Lifetime.

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- 1 Take care of your diabetes.**
  - Work with your health care team to control all aspects of your diabetes: diet, exercise, medication.
- 2 Check your feet every day.**
  - Look at your bare feet every day for cuts, blisters, red spots, and swelling.
  - Use the Insight foot care scale to check the bottoms of your feet.
- 3 Wash your feet every day.**
  - Wash your feet in warm, not hot, water every day.
  - Dry your feet well. Be sure to dry between the toes.
- 4 Keep the skin soft and smooth.**
  - Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.
  - Use Insight OST, which is designed specifically for people with diabetes.
- 5 Smooth corns and calluses gently.**
  - Do not use over-the-counter products or sharp objects on corns or calluses
- 6 If you can see and reach your toenails, trim them each week or when needed.**
  - Trim your toenails straight across and file the edges with an emery board or nail file.
  - If you have trouble seeing your toenails, ask a family member or health care provider for help.
- 7 Wear shoes and socks at all times.**
  - Never walk barefoot.
  - Wear comfortable shoes that fit well and protect your feet.
  - Always wear socks, preferably socks that are designed for people with diabetes.
  - Feel inside your shoes before putting them on each time to make sure the lining is smooth and that there are no objects inside.
- 8 Protect your feet from hot and cold.**
  - Wear shoes at the beach, on hot pavement, etc.
  - Wear socks at night if your feet get cold.
  - Don't test bath water with your feet
  - Don't use hot water bottles or heating pads.
- 9 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.
- 10 Be active every day.**
  - Plan your physical activity program with your health care team.
- 11 Check with your health care team.**
  - Have your doctor or nurse check your bare feet and find out whether you are at risk for serious foot problems. 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 one day.
  - Follow their advice about foot care.
- 12 Get started now.**
  - Begin taking good care of your feet today.
  - Set a time every day to check your feet.