

# Taking care of your feet



When you live with diabetes, it's important to take good care of your feet. Managing your blood sugar and being aware of any loss of feeling or changes in your feet can help prevent serious complications. If you notice any changes in your feet, let your diabetes care team know right away.

Be sure to schedule a comprehensive foot exam with your doctor every year and have your feet checked each time you visit your doctor.

## Care for your feet every day

- Look for cuts, sores, blisters, redness, or calluses. If you can't see the bottom of your feet, ask a family member or friend to check for you. Or, use a hand-held mirror to see the bottom of your feet.
- Wash and dry your feet daily. Use warm water. Use a mild soap and wash between toes. Dry your feet thoroughly, especially between your toes.
- To keep your skin soft, use lotion on the tops and bottoms of your feet, but not between your toes.

## Wear the correct footwear

- Wear well-fitting comfortable shoes such as covered or athletic shoes.
- Before you put on your shoes, check the inside to make sure there aren't any objects inside.
- To break in new shoes, wear them for a few hours each day. Increase the number of hours you wear them each week.
- To help prevent blisters, wear soft, clean socks.
- Don't walk barefoot (indoors or outdoors).

## Self-care

- Never cut corns or calluses yourself and don't use over-the-counter treatments.
- If you can't reach your feet to cut your nails, can't see well, or have loss of sensation or circulatory issues in your feet, check with your doctor or podiatrist. If you can comfortably cut your nails yourself, cut them straight across, not too close to the skin, and use an emery board to file down sharp edges.
- Ask your doctor or podiatrist if pedicures are safe for you and the best way to care for your nails.