

What can I do to take care of my feet? - Oct 17, 2011



Look at your feet every day to check for problems.

- **Wash your feet in warm water every day.** Make sure the water is not too hot by testing the temperature with your elbow. Do not soak your feet. Dry your feet well, especially between your toes.
- **Look at your feet every day to check for cuts, sores, blisters, redness, calluses, or other problems.** Checking every day is even more important if you have nerve damage or poor blood flow. If you cannot bend over or pull your feet up to check them, use a mirror. If you cannot see well, ask someone else to check your feet.
- **If your skin is dry, rub lotion on your feet after you wash and dry them.** Do not put lotion between your toes.
- **File corns and calluses gently with an emery board or pumice stone.** Do this after your bath or shower.

- **Cut your toenails once a week or when needed.** Cut toenails when they are soft from washing. Cut them to the shape of the toe and not too short. File the edges with an emery board.
- **Always wear slippers or shoes to protect your feet from injuries.**



Always wear slippers or shoes to protect your feet.

- **Always wear socks or stockings to avoid blisters.** Do not wear socks or knee-high stockings that are too tight below your knee.
- **Wear shoes that fit well.** Shop for shoes at the end of the day when your feet are bigger. Break in shoes slowly. Wear them 1 to 2 hours each day for the first few weeks.
- **Before putting your shoes on, feel the insides to make sure they have no sharp edges or objects that might injure your feet.**

Source: www.diabetes.niddk.nih.gov