

Diabetic Foot Care

Prevention is the key to healthy feet for a Diabetic. Below is a list of activities you need to follow on a regular basis to keep your feet in good condition. If you ever find something that is not normal on your feet, it is important to have your health care provider look at it as soon as possible.

HEALTHY FEET MEAN:

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- 1. Check your feet often. Every day is the best, but the minimum is 3 times a week. Take a hand mirror, put it on the floor and hold each foot over it. Turn your foot side to side and up and back so you can see both sides and all over your heel.
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- 2. Do NOT clip your nails - FILE them weekly. It is very easy to cut yourself if you try to trim your nails, and you will receive any trimming or grinding needed when you come to the clinic. Using a soft foam file every week (just like filing your fingernails) will keep your nails smooth and short.
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- 3. Keep your feet smooth and soft. After your bath or shower, apply a good unscented cream on your lower legs and feet. Overly dry skin creates cracks that are an opening for bacteria.
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- 4. Keep your feet clean and dry. Make sure to wash and dry between your toes every day. This keeps dirt and bacteria from growing in the vulnerable places between your toes. Do NOT soak your feet; this weakens the protective outer layer of skin.
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- 5. Wear properly fitting shoes and cotton socks at all times. Going barefoot is NEVER a good idea, even in the house. Properly fitted shoes should support your whole foot and have an adequate toe box. You should not have any areas of friction or pressure from your socks or shoes. Diabetic socks have no seams and are good if you have limited feeling in your feet. Ask your provider about diabetic shoes.
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- ♦ 6. Keep your Diabetes well controlled. Long term blood vessel damage from poorly controlled blood sugars makes it very difficult to prevent leg ulcers. Controlling your blood sugars helps keep your WHOLE body healthy!