



## *Foot Care for People with Diabetes*

Daily foot care is essential for people with diabetes to prevent foot problems. Diabetes may damage nerve endings and may make wound healing slower.

Manage your diabetes well and quit smoking are important in preventing foot problems. Below are additional steps you can take to establish good foot care practice.

### **Daily Foot Care:**

1. Check your feet daily  
Look for any wounds and dry skin. Do not forget to check between your toes and the bottom of your feet. Ask someone for help or use a mirror if needed.
2. Keep your feet clean and moisturized  
Wash with warm soapy water daily. Put on lotion afterward. Avoid putting lotion between your toes.
3. Avoid soaking your feet  
Soaking your feet often your skin and may make it easier to develop wounds. If you have to, use warm water and minimize the time to 5 minutes.
4. Be careful with a foot massage  
Diabetes may reduce your ability to feel pain. Use mild pressure for a foot massage. Choose a reputable foot massage place for the service.
5. Use an emery board instead of clippers  
File down your nails instead of clipping to minimize the chances of getting a cut. File down calluses with a fine emery board or pumice stone – never cut it or use over-the-counter treatment.

### **Foot Wear:**

1. Wear cotton socks and avoid barefoot  
Avoid barefoot even at home. Wear a pair of cotton socks before putting on a pair of shoes.
2. Choose shoes that fit and avoid shoes with less protection  
Make sure to wear a pair of shoes that have enough wiggle room for your toes. Avoid flip-flop, open-toed, pointy-toes, high heels, or slip-on shoes.