

# Taking Care of Your Feet

Foot care is very important for people with diabetes. Follow these tips to keep your feet healthy.



- **Check your feet every day.** Look for cuts, sores, red spots, swelling, and infected toenails.



- **Wear shoes and socks at all times. Never walk barefoot, even inside.** Choose shoes and socks that fit well—not too big and not too small.



- **Wash your feet every day.** Use warm water, not hot water. Dry your feet well afterwards.



- **Check your shoes before putting them on** to make sure there's nothing inside.



- **Keep the skin on your feet soft and smooth.** Put lotion on the tops and bottoms of your feet but not between your toes.



- **Be active. This improves blood flow to your feet.** Put your feet up when you are sitting to keep blood flowing to your feet.



- **Do not try to remove corns or calluses yourself.** If you have corns or calluses, talk to your doctor about what to do.



- **Have your doctor check your bare feet and tell you if you have problems.** Call your doctor right away if you have a wound that does not heal within a few days.



- **If you can see, reach, and feel your feet, trim you toenails regularly.** Cut them straight across. Smooth the corners with a nail file.