

Taking Care of Your Feet



Everyone wants healthy feet and legs. But this can be a worry for people with diabetes. People with diabetes are more prone to foot problems. A few simple things can dramatically reduce the number of serious foot problems experienced by people with diabetes.

Do...

Make sure shoes fit well. Shop for shoes late in the day, when your feet are at their largest size.

Wear cotton socks without seams. Change socks often if you have sweaty feet or if your feet get wet.

Wash feet with soap and warm (not hot) water.

Dry feet carefully, especially between toes.

Cut toenails straight across and not too short.

If skin is dry, apply lotion to the tops and bottoms of feet.

Take off your shoes and socks at every medical visit so your doctor or nurse practitioner can examine your feet.

Manage your diabetes and try to keep blood sugars in target range as much as possible.

If you find ANY problem when checking your feet, contact your pediatrician immediately. You need to make an appointment with your pediatrician (not your endocrinologist) within 24 hours if you ever have a sore (ulcer), cut, heat/warmth, discoloration or discharge so that treatment can be started immediately.

Don't...

Do not wear knee highs and tight elastic.

Do not go barefoot.

Do not put lotion between toes. (Powder between toes is fine.)

Do not smoke.

Do not soak feet.

Do not expose feet to surfaces with extreme temperatures (for example: hot sand on the beach or icy sidewalks)

Do not use a metal grating device or razor on your feet during pedicures.

Do not share a pumice stone with another person.

Do not use someone else's pedicure tools or tools that have not been properly sanitized.

Do not ignore problems with your feet.

