Do’s and Don’ts for Proper Diabetic Foot Care

What should I be doing?

- Wash feet daily with a non-medicated soap gentle enough for a baby’s skin.
- Pat feet dry with soft absorbent cloth.
- Dry carefully between toes with cotton.
- Cut your toenails very carefully straight across, avoiding cutting them too short or cutting into corners. If you cannot trim them safely see your podiatrist.
- Wear only proper fitting shoes.
- Inspect or have someone check at your feet daily to see if there are discolorations of any kind.
- Wear sock that are a microfiber that wick away moisture and do not have seams that can irritate the skin.
- If your feet or toes have blisters, cracks, a sore, discoloration or any unusual mark, contact your podiatrist immediately, even if it does not hurt or itch. If you have no podiatrist, ask the doctor taking care of your diabetes to recommend one for you.
- If you accidentally cut your foot or toes, or injure them in any way, contact your podiatrist immediately – even if you do not think that it is serious and have no bleeding pain or discomfort.
- Visit your podiatrist as soon as you find out that you are a diabetic. He or she will examine your feet and tell you how often you should visit the office to prevent foot problems.

What should I avoid doing?

- Do not use any medication, drug, antiseptic or plaster on your feet that have not been prescribed.
☑ Do not apply hot water bags, heating pads or other heating devices to your feet.

☑ Do not cut any hard skin, corns or calluses that you may have on your feet.

☑ Do not wear shoes or socks that are too tight or too loose.

☑ Do not attempt injuries involving feet.

☑ Do not smoke cigarettes - they can rob your feet of the circulation of blood they need.

☑ Do not cut your toenails if you cannot see well.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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Author: Crystal Murray Holmes, DPM
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