



## Do's and Don'ts for Proper Diabetic Foot Care

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### 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?

- Ø **Do not** use any medication, drug, antiseptic or plaster on your feet that have not been prescribed.
- Ø **Do not** apply hot water bags, heating pads or other heating devices to your feet.
- Ø **Do not** cut any hard skin, corns or calluses that you may have on your feet.
- Ø **Do not** wear shoes or socks that are too tight or too loose.
- Ø **Do not** attempt injuries involving feet.
- Ø **Do not** smoke cigarettes - they can rob your feet of the circulation of blood they need.
- Ø **Do not** cut your toenails if you cannot see well.

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