

Daily Foot Care

- ✓ Check feet twice a day
- ✓ Wear shoes and socks at all times - avoid going barefoot, even in the house.
- ✓ Cut toenails straight across with toenail clipper (do not use a razor). If you cannot feel your feet, have your provider cut your toenails.
- ✓ Wash feet in warm water. Do not soak feet.
- ✓ Dry feet well, especially between the toes.
- ✓ Keep skin soft and smooth by rubbing a thin coat of lotion, oil, or cream on the tops, bottoms, and sides of the feet. Do not put lotion between toes since the moisture between toes will let germs grow that can cause an infection.
- ✓ Do not use corn removal medicine, heating pads, hot water bottles, or iodine on the feet.

Every Clinic visit

Take shoes off at every clinic visit and have your provider check your feet.

Yearly Foot Care

Have your provider do the monofilament test at least once a year. If you cannot feel the monofilament, you need to pick your shoes carefully or get special shoes that are prescribed just for you.

When to Get Help

Talk with your provider that same day if you find a cut, sore, blister, swelling, or bruise on your foot.

Take Care of Your Feet!

- Stay physically active.
- If you smoke cigarettes, STOP.
- Keep glucose in balance.

Shoes That Will Help Keep Your Feet Healthy

1. Athletic, cross-trainer, or walking shoes made of canvas or leather are good for daily wear. They support your feet and allow them to breathe.
2. Buy shoes with rounded toes and laces or velcro straps, soft soles and soft insides.
3. Stay away from vinyl and plastic shoes because they don't stretch or breathe.
4. Avoid shoes with pointed toes or high heels because they put too much pressure on the toes.
5. Have your feet measured while you are standing.
6. Always try on both shoes and walk around the store before buying.
7. When buying shoes, make sure they are comfortable right away, and there is enough room for your toes.

8. Try to buy your shoes in the afternoon after you have been on your feet for a while.

Protect Your Feet!

- ◆ Always wear socks, stockings, or nylons with your shoes so you won't get blisters or sores.
- ◆ Wear socks made of cotton or wool because they help keep your feet dry. Socks that do not have seams are best.
- ◆ Check the insides of the shoes before you put them on to be sure the lining is smooth and that there are no objects inside, like small rocks.
- ◆ Wear comfortable shoes that fit well and protect your feet.



Taking Care of Your Feet





Shoes for Healthy Feet

