



FOOT CARE TIPS

Take Care of Your Feet for a Lifetime.

- 1 Take care of your diabetes.**
 - Work with your health care team to keep your A1C (blood glucose average), blood pressure, and cholesterol close to normal.
- 2 Check your feet every day.**
 - Look at your bare feet every day for cuts, blisters, red spots, and swelling.
 - Use a mirror to check the bottoms of your feet or ask a family member for help if you have trouble seeing.
- 3 Wash your feet every day.**
 - Wash your feet in warm, not hot, water every day.
 - Dry your feet well. Be sure to dry between the toes.
- 4 Keep the skin soft and smooth.**
 - Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.
- 5 Smooth corns and calluses gently.**
 - If your doctor tells you to, use a pumice stone to smooth corns and calluses. Don't use over-the-counter products or sharp objects on corns or calluses.
- 6 If you can see and reach your toenails, trim them each week or when needed.**
 - Trim your toenails straight across and file the edges with an emery board or nail file.
- 7 Wear shoes and socks at all times.**
 - Never walk barefoot.
 - Wear comfortable shoes that fit well and protect your feet.
 - Feel inside your shoes before putting them on each time to make sure the lining is smooth and there are no objects inside.
- 8 Protect your feet from hot and cold.**
 - Wear shoes at the beach or on hot pavement.
 - Wear socks at night if your feet get cold.
 - Don't test bath water with your feet.
 - Don't use hot water bottles or heating pads.
- 9 Keep the blood flowing to your feet.**
 - Put your feet up when sitting.
 - Wiggle your toes and move your ankles up and down for 5 minutes, 2 or 3 times a day.
 - Don't cross your legs for long periods of time.
 - Don't smoke.
- 10 Be more active.**
 - Plan your daily physical activity program with your doctor.
- 11 Check with your doctor.**
 - Have your doctor check your bare feet and find out whether you are likely to have serious foot problems. Remember that you may not feel the pain of an injury.
 - Call your doctor right away if you find a cut, sore, blister, or bruise on your foot that does not begin to heal after one day.
 - Follow your doctor's advice about foot care.
- 12 Get started now.**
 - Begin taking good care of your feet today.
 - Set a time every day to check your feet.
 - Complete the "To Do" list on the back of this page and...

take care

of your feet

for a lifetime.

TO DO LIST



Make plans now to take care of your feet for a lifetime.

CHECK EACH ITEM WHEN COMPLETED.

BY WHEN:

- Use the list of foot care tips on the reverse side and put it where I will see it every day. _____
- Get a pair of nail clippers if my doctor recommends it. _____
- Get an emery board and a pumice stone if my doctor recommends them. _____
- Buy lightly padded seamless socks. _____
- Buy a pair of shoes that fit well and cover my feet. _____
- Give away shoes that don't fit. _____
- Place slippers beside my bed to wear when I get out of bed. _____
- Get a mirror to help me see the bottoms of my feet. _____
- Ask for help from a family member or caregiver if I can't see my feet. _____
- Keep my next doctor's appointment. _____
- Ask my doctor if I qualify for special shoes covered by Medicare or other insurance plans. _____
- Ask my doctor or nurse to inspect my feet at every visit. _____
- Plan my daily physical activity program with my doctor. _____
- Stop smoking. _____