

Taking Care of Your Feet In Diabetes



1 Wash your feet daily with lukewarm water and soap.



2 Dry your feet well especially between the toes.



3 Apply moisturising lotion, but do not apply between the toes.



4 Check your feet for blisters, cuts, redness, etc. If present, consult your doctor.



5 Trim your nails straight across and file the edge with a nail file.



6 Change socks daily; avoid dirty and tight socks.



7 Never walk barefoot either indoors or outdoors.



8 Examine your shoes daily for cracks, stones, nails which may irritate feet.