

Foot Care for People with Diabetes

Regal Medical Group, Lakeside Community Healthcare, and ADOC Medical Group Health Education Series



If you have diabetes, it's important to take good care of your feet. You should have your feet examined by your doctor every year. There are many things that you can do to keep your feet healthy.



Wash your feet.

Every day, make sure to wash your feet in warm water.



Dry your feet well.

Make sure to completely dry off your feet with a towel, especially in between the toes.



Keep the skin soft.

Use a moisturizing lotion on your feet but do not apply in between the toes.



Inspect your feet every day.

It's important to check for cuts, sores, blisters, redness, calluses, or other problems. If you cannot see well, ask someone else to check your feet for you, or use a mirror.



Ask your diabetes team about toenail care.

Your toenails also need proper care. Make sure to speak with your healthcare team on how to best care for your toenails.



Wear clean, soft socks.

To avoid blisters, make sure to wear clean socks that are soft and will not irritate your skin. Do not wear socks or knee-high stockings that are too tight below your knee.



Always wear shoes that fit well.

Taking care of your feet means also wearing the right shoes. If you have new shoes, make sure to break them in slowly. Also, make sure to buy the right shoe size for your feet.



Check the inside of shoes.

For your comfort and safety, always make sure to check the insides for sharp edges, cracks, pebbles, nails, or anything that could hurt your feet before putting on your shoes.

For more information about foot care if you have diabetes, talk to your doctor or member of your healthcare team. For more information about our diabetes self-management classes, please visit us at www.healthywayevents.com

The contents provided are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please consult with your physician or other qualified health provider prior to changing your diet, starting an exercise regimen, or with any questions that you may have about your health or medical condition.

Please reference your health plan ID for your medical group.

Source: NDEP - National Diabetes Education Program

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