

# Diabetic Foot Care



Diabetes can be dangerous to your feet because it can lead to serious consequences like amputations from even a small cut.

*Two common complications of diabetes:*

- 1 It may cause nerve damage (neuropathy), which results in loss of feeling or sensation in the feet.
- 2 It may cause poor blood circulation to the feet, making it difficult for an injury to heal or resist infections

To prevent serious damage, use the following guidelines and make regular visits to your podiatrist (foot doctor).



**Look at your feet daily** and check for cuts, bruises, blister, redness and nail problems



Wash your feet in lukewarm water (not hot)



Be gentle! Dry by blotting **especially between the toes!**



**Moisturize daily** to prevent cracking and itching. Do not moisturize between the toes as this could encourage fungal infections



**Have a podiatrist cut your toenails** – straight across



**Socks** should fit smoothly and should not have tight elastic bands which decrease circulation



**Keep your feet warm and dry** – wear socks at night if your feet get cold. If your socks get wet from snow or rain, change them



**Never walk barefoot** – **Not even at home!!!**



Do not smoke – smoking restricts blood vessels in your feet



Check your shoes before putting them on for pebbles or small objects which might irritate your feet.

