



Diabetes Foot Care

Diabetic foot care is an essential part of managing diabetes. High blood sugar can reduce blood flow and nerve sensation in the feet, increasing the risk of injury and infection. Small cuts or wounds may heal slowly and can become serious if not noticed early. Proper foot care helps prevent complications such as ulcers and amputations.

Learning **daily foot care practices** is key to keeping your feet healthy and safe

When examining your feet:

- ✓ Remove your shoes, socks, bandages and dressings
- ✓ Examine both feet
- ✓ Check your feet for cuts, redness, swelling, sores, blisters, corns, calluses or deformity.
- ✓ Wash your feet in warm (not hot) water and dry them well.
- ✓ Never go barefoot, even inside.
- ✓ Wear shoes that fit well and always wear socks.
- ✓ Trim your toenails straight across and smooth out sharp edges with a nail file.
- ✓ Don't try to remove corns or calluses yourself.
- ✓ Get your feet checked at every health care visit and visit your foot doctor at least once a year.