

The Care of a Diabetic Foot General Instructions

1. Do Not Smoke. Smoking reduces blood flow to your feet.
2. Inspect the feet daily for blisters, cuts, and scratches. The use of a mirror can aid in seeing the bottom of the feet. Always check between the toes.
3. Wash your feet daily. Dry carefully, especially between the toes.
4. Avoid extremes of temperatures. Test water with hand or elbow before bathing.
5. If your feet feel cold at night, wear socks. Do not apply hot water bottles or heating pads. Do not soak feet in hot water.
6. Do not walk on hot surfaces such as sandy beaches, or on the cement around pools.
7. Do not walk barefooted.
8. Do not use chemical agents for the removal of corns and calluses. Do not use corn plasters. Do not use strong antiseptic solutions on your feet.
9. Do not use adhesive tape on the feet.
10. Inspect the inside of shoes daily for foreign objects, nail points, torn linings, and rough areas.
11. If your vision is impaired, have your physician inspect feet, trim nails, and buff down calluses.
12. Do not soak your feet.
13. For dry feet, use a very thin coat of lubricating oil such as baby oil. Apply this after bathing and drying the feet. Do not put the oil or cream between the toes. Consult your physician for detailed instructions.
14. Wear properly fitting stockings. Do not wear mended stockings. Avoid stockings with seams. Change stockings daily.



The Care of a Diabetic Foot General Instructions (Cont.)

15. Do not wear garters.
16. Shoes should be comfortable at the time of purchase. Do not depend on them to stretch out. Shoes should be made of leather. Running shoes may be worn after checking with your physician.
17. Do not wear shoes without diabetic socks.
18. Do not wear sandals with thongs between the toes.
19. In the wintertime, take special precautions. Wear wool socks and protective footwear, such as fleece-lined boots.
20. Do not cut nails, corns and calluses. Follow special instructions from your physician or podiatrist.
21. Avoid crossing your legs. This can cause pressure on the nerves and blood vessels.
22. See your physician regularly and be sure that your feet are examined at each visit.
23. Notify your physician or podiatrist at once should you develop a blister or sore on your feet.
24. Be sure to inform your podiatrist that you are a diabetic.

Footwear and orthotics play an important role in diabetic foot care. Diabetic foot care should provide the following protective benefits:

- High, wide toe box (high and wide space in the toe area)
- Removable insoles for fitting flexibility and the option to insert orthotics if necessary.
- Rocker Soles designed to reduce pressure in the areas of the foot most susceptible to pain, most notably the ball of the foot.
- Firm heel counters for support and stability.

