



# PROHEALTHY

Education for our patients and their families

## Diabetes: Foot Care

### Daily Care

#### Every day you should:

- Check your feet. Call your healthcare provider right away about any sores, cuts, or cracks.
- Wash your feet with warm water and mild soap. Do not soak your feet.
- Put a lotion or cream on your feet, but not in between your toes.

### Protect Your Feet

- Wear comfortable shoes. Avoid tight or worn out shoes.
- Do not go barefoot, even in the house.
- Do not use sharp tools on your feet. See your podiatrist/healthcare provider if you have corns or calluses for care.
- Clip toenails straight across only.
- Do not use hot water bottles or heating pads on your feet or legs. Use your elbow to test water temperature in the bath, not your feet!
- Take your shoes and socks off every time you visit your healthcare provider so they can check your feet.
- Do not smoke. It damages the blood supply to your feet.

For more information contact:  
**PHC Diabetes Center: 262-928-4695**



PROHEALTH CARE

*The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have.  
This educational material was developed by a team of experts from throughout ProHealth Care.*

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