Foot Care for People with Diabetes

1



Wash your feet daily with warm water and mild soap.

2



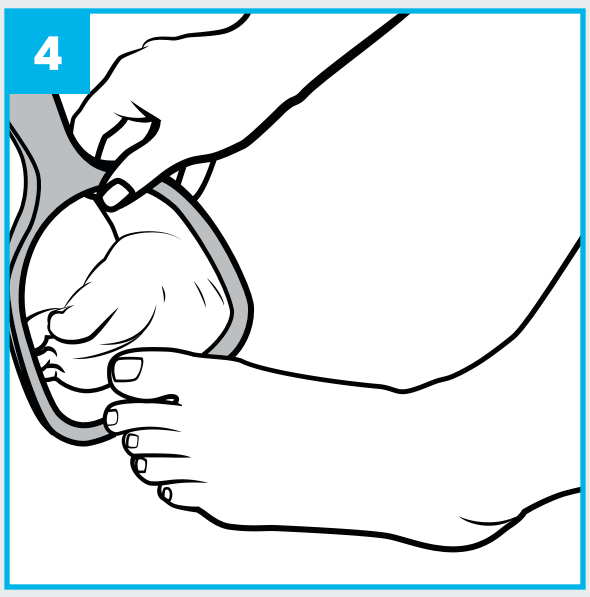
Dry your feet well. Use powder or corn-starch to keep the skin between your toes dry.

3



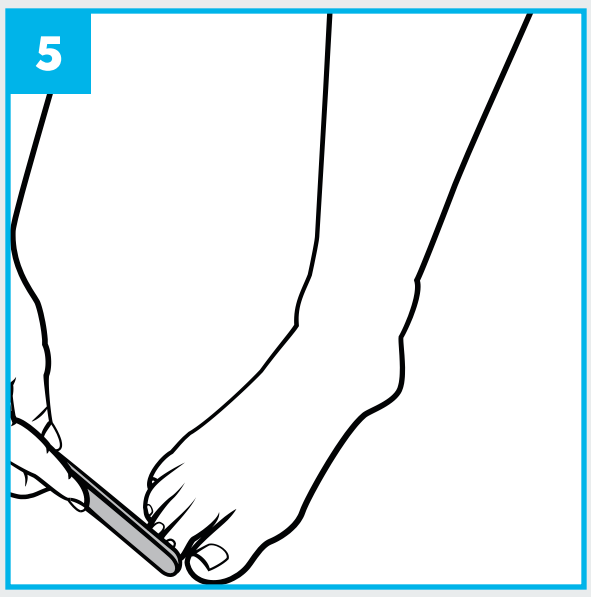
Keep the skin soft and smooth with a moisturizing lotion, but do not apply it between the toes.

4



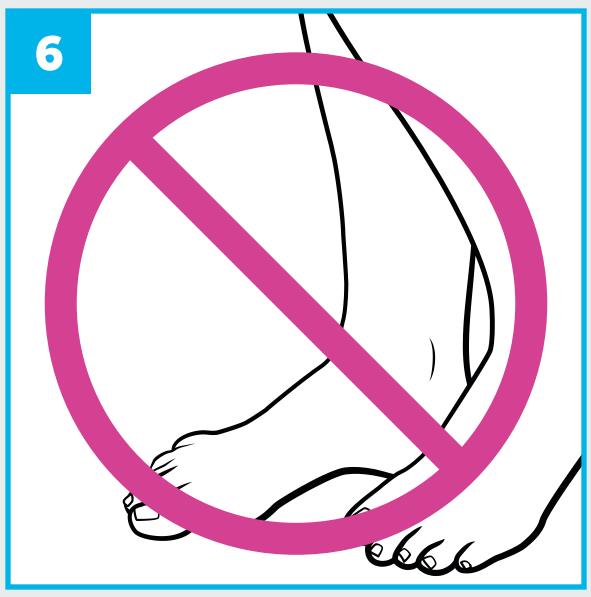
Check your feet daily for cuts, sores, red spots, swelling, and infected toe-nails.

5



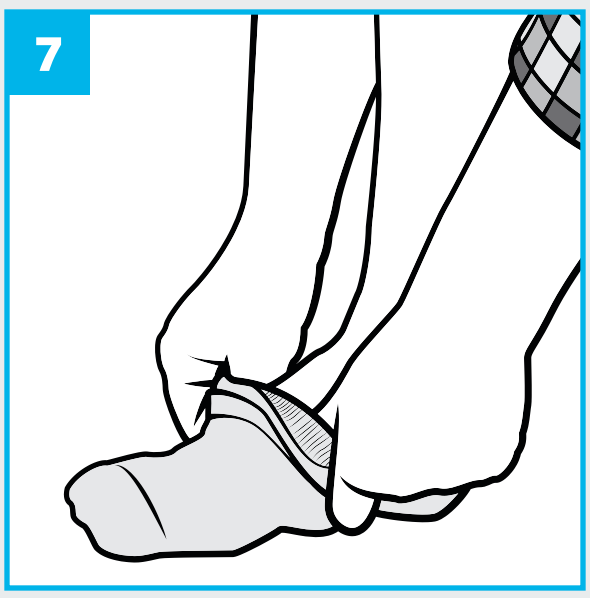
Trim your toenails straight across and smooth the corners with an emery board.

6



Never walk around indoors or outdoors barefoot or in socks.

7



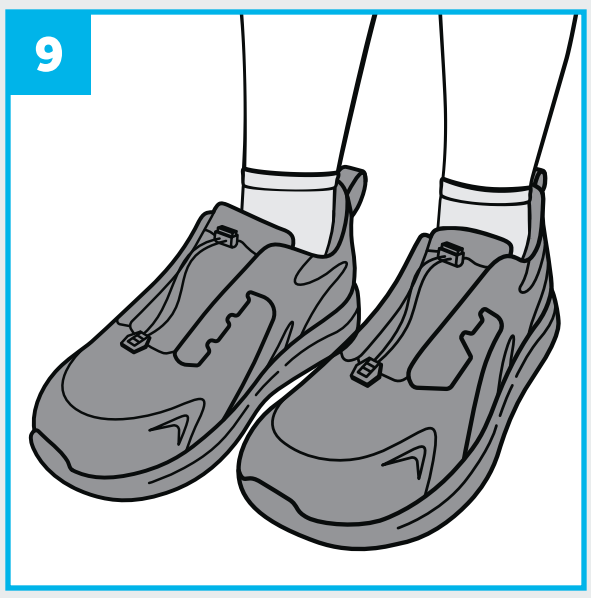
Wear soft seamless socks - preferably not to big or too small.

8



Check your shoes for any loose objects or rough edges before you put them on.

9



Protect your feet from hot and cold and wear comfortable shoes and socks at all times.

www.darcointernational.com

DARCO