DIABETES: Foot Care

Shoes

- Always wear shoes and socks
- Change socks every day
- Choose Shoes that fit: one thumb space from toe to end of shoe
- Check inside of shoes for lumps or stones

Skin

- Wash your feet every day
- Use luke-warm water
- Dry with towel, get between toes
- Treat dry skin with lotion, but not between toes

Nails

- Trim straight across with clippers
- Do not use razor blades, knives, or scissors

Corns & Calluses

- Rub with dry towel or pumice stone
- Do not cut them off yourself