

Home Foot Care Checklist

Foot health management is good for everyone and is especially important for people living with diabetes. Because people with diabetes are more susceptible to foot issues, it's important to set up a routine that will help prevent or manage foot complications.

Use this easy checklist to keep on top of your foot health and manage your diabetes well.



Take care of your diabetes

Examine your feet every day for cuts, blisters, bruises, cracked skin, color changes, or swelling. Use a mirror to help you look at the soles of your feet. If you find any foot injuries, contact your doctor.



Wash Feet Daily

Wash your feet with soap and warm water every day to help prevent foot infections. Make sure to clean between your toes. Dry your feet thoroughly, especially between the toes. Once dry, use a non-allergic, moisturizing cream or lotion that can help keep the skin from cracking, especially around the heels. Do not apply cream between the toes as moisture may cause blisters.



Wear Shoes and Socks

Protect your feet with shoes and socks. It's important to not walk around barefoot, even at home. At home, wear a comfortable pair of slippers. Slippers will help protect your feet from injury and help keep your feet warm and comfortable. For socks and hosiery, make sure they fit well, not too loose or too tight.



Keep the Blood Flowing

Good blood circulation helps prevent foot problems. To help keep the blood flowing, put your feet up when sitting. Try to wiggle your toes for five minutes a few times a day to keep the circulation moving. Don't cross your legs for long periods of time because this can impact blood flow.

Learn more at

<https://www.diabetes.org/living-with-diabetes/complications/footcare>

Educational content provided by Dr. Comfort



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