

Daily Care of the Diabetic Foot

Five minutes a day prevents most amputations

WHY YOUR FEET ARE AT RISK

Diabetes damages the nerves, so **you may not feel an injury** — a stone in the shoe, a burn, a blister. It also narrows the blood vessels, so wounds heal slowly. A small unnoticed wound can become a deep infection within days.

Most diabetic amputations begin with something small that nobody looked at.

Every single day

- **Look at both feet, all over.** Tops, soles, heels and **between every toe**. Use a mirror on the floor, or ask a family member. If your eyesight is poor, someone else must do this.
- **Look for:** cuts, cracks, blisters, redness, swelling, a change in colour, discharge, an ingrown nail, or a callus with a dark spot beneath it.
- **Wash with lukewarm water and mild soap.** Test the temperature with your **elbow or a thermometer**, never with your foot.
- **Dry carefully, especially between the toes.** Damp skin between toes cracks and gets infected.
- **Apply moisturiser to the tops and soles — but NOT between the toes.**
- **Cut nails straight across**, not curved into the corners, and file the edges. If you cannot see or reach your feet, do not attempt it yourself.

NEVER DO THESE

Never walk barefoot — not even inside the house, not even for a moment on the temple floor or in the bathroom.

Never use a hot water bag, heating pad or hot fomentation on your feet. Serious burns from this are common.

Never cut a corn or callus yourself, or use corn caps and acid plasters.

Never soak your feet for long periods. Never use sharp instruments on your feet.

Do not use tight socks, garters, or anything with a seam pressing on the foot.

COME TO US THE SAME DAY IF YOU FIND

Any break in the skin, however small · a blister · redness, warmth or swelling · any discharge or smell · a black area · a new numbness or burning · sudden pain in a numb foot

Do not wait to see if it heals. Do not apply turmeric, oil, ash or any home remedy. Bring it to us.

Search: diabetic foot care, daily foot check, diabetic ulcer prevention, numb feet

