



Toe Nail Trimmers LLC

Foot Care Tips

1. Take Care of Your Diabetes

- Work with your health care team to keep your blood sugars within a good range.

2. Check Your Feet Every Day

- Look at your bare feet every day for cuts, blisters, red spots and swelling.
- Use a mirror to check the bottoms of your feet or ask a family member to help if you have difficulty seeing.

3. Wash Your Feet Every Day

- Wash your feet in warm, not hot, water every day.
- Dry your feet well. Be sure to dry between your toes.

4. Keep the Skin Soft and Smooth

- Rub a thin coat of skin lotion over the tops and bottoms of your feet, not between your toes.
- The type of lotion is not important, use one that you can afford and use it every day.

5. Smooth Corns and Calluses Gently

- If you are at low risk for foot problems, use a pumice stone to smooth corns and calluses after washing your feet.
- Do not use sharp objects on corns and calluses.

6. Have Your Nails Trimmed Regularly

- Your nails need to be trimmed straight across and filed with an emery board or nail file.
- Nails need to be trimmed every 6 to 8 weeks.

7. Wear Shoes and Socks at all Times to Prevent Injury

- Never walk barefoot.
- Wear comfortable shoes that fit well and protect your feet.
- Feel inside your shoes before putting them on each time. Make sure the lining is smooth and there are no objects inside.

8. Protect Your Feet from Hot and Cold

- Wear shoes at the beach or on hot pavement.
- Wear socks at night if your feet get cold.
- Do not test bath water with your feet.
- Do not use hot water bottles or heating pads on your feet.

9. Keep the Blood Flowing to Your Feet

- Put your feet up when sitting.
- Wiggle your toes and move your ankles up and down for 5 minutes, 2 or 3 times each day.
- Do not cross your legs for long periods of time.
- Do not smoke.

10. Be More Active

- Plan your physical activity program with your doctor.

11. Check with your doctor

- Every time you see your doctor, remove your shoes and socks and have him check your feet.
- Call your doctor right away if you find a cut, sore, blister or bruise on your foot that does not begin to look better after one day.

12. Get Started Now

- Begin taking good care of your feet today.
- Set a time every day to check your feet.