

Do's & Don'ts – Quick Flick Reference

Do:

- Inspect your feet daily for blisters, cuts, and scratches. The use of a mirror can aid in seeing the bottom of your feet. Always check between your toes.
- Wash your feet daily. Dry carefully, especially between your toes.
- Avoid extremes of temperatures. Test water with your hands or elbow before bathing.
- If your feet feel cold at night wear socks. Do not apply hot water bottles or heating pads. Do not soak feet in hot water.
- Inspect the inside of your shoes daily for foreign objects, nail points, torn linings, and rough areas. This should be done visually AND with your hands.
- If your vision is impaired, have your feet treated by a foot health practitioner to ensure they stay in tip top condition (see below as to why you shouldn't use friends or family members).
- For dry feet, use a very thin coat of lubricating oil such as baby oil. Apply this after bathing and drying your feet. Do not put the oil or cream between your toes.
- Wear properly fitting socks. Do not wear mended socks and avoid socks with thick seams.
- Change your socks daily.
- Shoes should be comfortable at the time of purchase. Do not depend on them to stretch out. Shoes should be made of leather. Running shoes may be worn after checking with your physician.
- In winter take special precautions. Wear wool socks and protective footgear, such as fleece-lined boots.
- Cut nails with the shape of your toe and file the corners round.
- Avoid crossing your legs, as this can cause pressure on the nerves and blood vessels.
- See your physician regularly and be sure that your feet are examined at each visit.
- Be sure to inform your foot health practitioner that you are a diabetic.

Don't:

- Do not smoke.
- NEVER walk barefooted, especially on hot surfaces such as sandy beaches or the cement around swimming pools.
- Do not use chemical agents/plasters for the removal of corns and calluses.
- NEVER let friends and family cut your nails or remove calluses, they may cut or damage the skin and be too ashamed to tell you, which could lead to an infection you are unaware of.
- Do not use strong antiseptic solutions on your feet.
- Do not use adhesive tape on the feet.
- Do not soak your feet in hot water.
- Do not wear garters.
- Do not wear shoes without socks.
- Do not wear sandals with thongs between the toes.
- Do not cut corns and calluses yourself, always seek professional help.

Always follow special instructions from your physician or foot health practitioner