

# Taking Care of Your Feet

*Take care of your feet to avoid infection & amputation.*

*Call your doctor immediately if you get sores or blisters on your feet!*

**With diabetes, it is very important to take good care of your feet.**

- ⇒ Check your feet every day for cuts, sores, or blisters.
- ⇒ Also check them if you've hurt or bumped them in any way.
- ⇒ Use water-based moisturizer on your feet, but NOT between your toes.
- ⇒ Wear cotton or wool socks. No elastic socks, hose, or tights.
- ⇒ Keep clutter off the floor to avoid hurting your feet.
- ⇒ Do not walk barefoot at home.
- ⇒ Wear sturdy and comfortable shoes.
- ⇒ See your podiatrist or nurse practitioner to have your nails clipped. If clipping at home, clip them in a straight line with clippers (not scissors).
- ⇒ Reduce or quit smoking. It slows the flow of blood in your body, including your feet!