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!