

M1360 Diabetic Foot Care at Home

Examine your feet daily AND AFTER ANY INJURY, no matter how minor.



- Report any abnormalities to your physician.
- Use a water-based moisturizer every day (but not between your toes) to prevent dry skin and cracking.
- Wear cotton or wool socks.
- Avoid elastic socks and hosiery because they may impair circulation.

Make your home safe to prevent tripping, stubbing toes, falling.



- Remove cords, papers, books, clothes, and shoes—all items—from stairs and walkways.
- Remove small throw rugs from stairs and walkways.
- Make sure walkways and stairs are well-lit.

Always trim your nails with a safety clipper.

- NEVER use scissors.
- Cut nails straight across and leave plenty of room out from the nail-bed or “quick”.
- If you have vision problems, or difficult holding the clippers, let your doctor trim your toenails or train a family member.



Wear sturdy, comfortable shoes.

- See a foot doctor (podiatrist) for fitting recommendations or shop at a shoe store specializing in fitting people with diabetes.



Perform daily exercise

- Engage in at least 15 minutes of daily exercise: walking, stationary cycling, rehabilitation exercises, etc.