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Diabetes matters
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References:

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2. American College of Foot and Ankle Surgeons®: Diabetes Foot Care Guidelines: Foot Health Facts [Internet]. [Cited 2019 Feb 13] Available from <https://www.foothealthfacts.org/conditions/diabetic-foot-care-guidelines>

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Do's and Don't's
for good Footcare
for People with Diabetes

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Things you must **DO**...



Wash your feet daily using lukewarm water and mild soap.

Test the temperature of the bath water with your hands before getting in. If you are unable to do so, let someone else test it.

Inspect (or ask someone else to inspect) your feet daily for cuts, cracks, bruises, blisters, corns, calluses and damaged nails. Also check the areas between the toes for moistness, cracks and infection.

Wear clean cotton or wool socks or stockings that are dry and changed daily. Wear socks with the seams on the outside.

Cut your toenails straight across and not too short. If your toenails cannot be cut, file them in a downward direction. If your vision is impaired, or your mobility is limited, ask someone to cut your toenails for you.

Use moisturising creams (neutral water-based creams) for dry skin, but not between your toes. **Use a powder** for sweaty or moist skin.

Inspect your shoes and feel inside them for hidden objects before putting them on.

Dry your feet gently, especially between the toes as infections can develop in moist areas.

Report every injury, blister, cut, scratch or sore that develops to a healthcare professional.

Insist on having your feet professionally examined at least once a year by a healthcare professional.

Things you must **NOT DO**...



Never soak your feet in standing water; always use running water.

Do not use heating appliances (heaters, electric blankets, hot water bottles) near your legs or feet.

Do not cut corns or calluses yourself, or use corn plasters, chemicals or other remedies. These preparations are acidic and often cause ulcers. Consult a healthcare professional, because corns and calluses are an indication that there is a problem.

Do not wear clothes or socks that restrict the blood flow to your feet. Never wear garters or socks with tight elastic tops.

Do not cut down or around the corners of the toenails, as this may cause ingrown toenails.

Do not use scissors or blades to cut your toenails.

Do not attempt to cut abnormally thickened toenails. Use a file instead or consult a healthcare professional.

Do not use sharp instruments to dig around the toenails.

Do not smoke as this limits your blood circulation.

Do not walk barefoot when indoors or outdoors. Many foot injuries occur inside the home.