

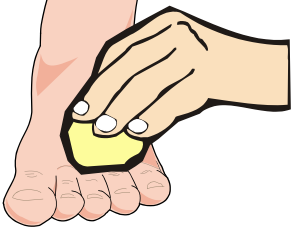
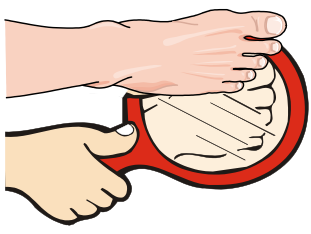








Foot Care for People with Diabetes

<p>1</p>  <p>Wash your feet daily with lukewarm water and soap.</p>	<p>2</p>  <p>Dry your feet well, especially between your toes.</p>	<p>3</p>  <p>Keep your skin supple with a moisturizing lotion, but do not apply between your toes.</p>
<p>4</p>  <p>Check your feet for blisters, cuts or sores. Tell your doctor if you find something wrong.</p>	<p>5</p>  <p>Use emery board to shape your toenails.</p>	<p>6</p>  <p>Change daily into clean, soft socks or stockings, not too big or too small.</p>
<p>7</p>  <p>Keep your feet warm and dry. Wear special padded socks and always wear shoes that fit well.</p>	<p>8</p>  <p>Never walk barefoot indoors or outdoors.</p>	<p>9</p>  <p>Check your shoes every day for cracks, pebbles, nails or anything that could hurt your feet.</p>

Disclaimer: This information is intended for your use as appropriate. There are other possible options. Always speak to your doctor, nurse, or other persons who you see for your health care needs if you have any questions.

Provided as a courtesy by:

Rancho Los Amigos National Rehabilitation Center

Patient Education • 7601 E. Imperial Highway • Downey, CA 90242

Phone: 1-877-RANCHO-1 • FAX: 562-401-6690 • <http://www.rancho.org>

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