

## Care of the Diabetic Foot – Dr Sarah Watts

Set aside a definite time or times **each day** for foot care routines

### 1. **Look**

- Inspect your feet thoroughly
- Look for signs of injury or swelling
- Look for dry hard skin, especially around the heels
- Inspect between the toes, look for cracks in moist, peeling skin
- Use a mirror to inspect the soles of your feet
- Look for anything that does not look right, or was not there before

### 2. **Daily foot care regime**



- Bathe your feet daily, in a tub, bucket or a bath
- Use cold or tepid water, **not hot**, and a mild soap
- **Test** the water temperature with your hand or elbow **before** putting your feet in
- Soak your feet 5 to 10 minutes, wash gently with a washcloth
- Dry feet with a gentle patting action, rubbing may cause abrasion to the skin
- Make sure you carefully dry between your toes
- Be sure that they are completely dry
- Use moisturising cream (sorbolene and glycerine or Vaseline) on your feet, to keep the moisture in.
- Don't use moisturizer between your toes



### 3. **Shoes and socks**

- Check the insides of your shoes with your hand **EVERY TIME** before putting your foot in your shoe
- Wear clean soft cotton socks when you wear shoes
- **Always wear some form of well fitted footwear when you are walking or standing.**
- Keep shoes in good and safe repair
- Replace shoes promptly when worn out.
- The soft insole in most shoes is important in cushioning your foot against injury and should be replaced before worn through.
- Insoles such as “Gel soles” made by Scholl are available from chemists and are good for protecting your feet.
- Special insoles can be made by a Podiatrist to provide further cushioning and support.



### 4. **Toenails**

- Cut your own toenails only if you have been advised to do so by your podiatrist or GP
- If you have poor eyesight or have difficulty bending, see your podiatrist for assistance
- Cut toenails straight across.
- Try not to cut down into the corners
- Use nail clippers rather than scissors, as scissors cut with a slicing action which may cut into the skin easily