

DIABETIC FOOTCARE

DIABETIC FOOT CARE DO'S AND DON'TS TO PROTECT YOUR FEET

If you have diabetes, daily foot care can help you spot problems early and protect your feet.

FOR EVERY SKIN TONE: compare with your usual skin tone. Look for colour change, warmth, swelling, pain, or skin that looks darker, purple/blue, grey/ashy, or unusually pale.



معهد دسمان للسكري
Dasman Diabetes Institute



أحد مراكز
Center

✓ DOs



LOOK OVER YOUR FEET EVERY DAY FOR CUTS, BLISTERS, SWELLING, WARMTH, OR ANY CHANGE FROM YOUR USUAL SKIN TONE.



WASH WITH LUKEWARM WATER, THEN DRY GENTLY ESPECIALLY BETWEEN THE TOES.



USE MOISTURISER ON DRY SKIN, BUT NOT IN BETWEEN YOUR TOES.



WEAR CLEAN SOCKS AND WELL-FITTING, SUPPORTIVE SHOES EVERY DAY.



CHECK INSIDE SHOES FOR STONES, ROUGH SEAMS, OR LOOSE OBJECTS BEFORE PUTTING THEM ON.



CUT NAILS STRAIGHT ACROSS AND FILE SHARP EDGES,



KEEP BLOOD GLUCOSE, BLOOD PRESSURE, AND CHOLESTEROL WITHIN YOUR AGREED TARGETS.



BOOK REGULAR FOOT CHECKS WITH YOUR DOCTOR, DIABETES NURSE, OR PODIATRIST!



✗ DON'Ts



DON'T CUT CORNS OR CALLUSES, OR USE BLADES OR CORN PLASTERS, UNLESS ADVISED BY A CLINICIAN.



DON'T WEAR SHOES THAT PINCH, RUB, LEAVE MARKS, OR HAVE HIGH HEELS.



DON'T WALK BAREFOOT, INDOORS OR OUTDOORS.



DON'T SMOKE - ASK FOR SUPPORT TO STOP, BECAUSE SMOKING REDUCES BLOOD FLOW.



DON'T WARM YOUR FEET WITH HOT WATER BOTTLES, ELECTRIC BLANKETS, HEATERS, OR FIRES.



DON'T SOAK YOUR FEET FOR A LONG TIME!



DON'T DISMISS CUTS, BLISTERS, CORNS, CALLUSES, INGROWN NAILS, OR ANY BREAK IN THE SKIN.



DON'T DELAY GETTING HELP WHEN YOUR FOOT LOOKS OR FEELS DIFFERENT.