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DIABETES CANADA



Appendix 13

Diabetes and Foot Care: A Checklist

DO:	DO NOT:
• check your feet every day for cuts, cracks, bruises, blisters, sores, infections or unusual markings. • use a mirror to see the bottom of your feet if you can't lift them up. • check the colour of your legs and feet. If there is swelling, warmth or redness or if you have pain, see your doctor or foot specialist right away. • clean a cut or scratch with a mild soap and water and cover with a dry dressing for sensitive skin. • trim your nails straight across. • wash and dry your feet every day, especially between the toes. • apply a good skin lotion every day on your heels and soles. Wipe off any excess lotion. • change your socks every day. • wear a good supportive shoe. • wear professionally fitted shoes from a reputable store; professionally fitted orthotics may help. • choose shoes with low heels (under 5 cm high). • buy shoes in the late afternoon (since your feet swell slightly by then). • avoid extreme cold and heat (including the sun). • exercise regularly. • see a foot care specialist if you need advice or treatment.	• cut your own corns or calluses. • treat your own in-grown toenails or slivers with a razor or scissors; see your physician/nurse practitioner or foot care specialist. • use over-the-counter medications to treat corns and warts. They are dangerous for people with diabetes. • apply heat to your feet with a hot water bottle or electric blanket; you could burn your feet without realizing it. • soak your feet. • take very hot baths. • use lotion between your toes. • walk barefoot inside or outside. • wear tight socks, garters or elastics, or knee highs. • wear over-the-counter insoles – they can cause blisters if they are not right for your feet. • sit for long periods of time. • smoke.