

1. DO NOT SMOKE.

2. Inspect the feet daily for blisters, cuts, and scratches. The use of a mirror can aid in seeing the bottom of the feet. Always check between the toes.
3. Wash feet daily. Dry carefully, especially between the toes.
4. Avoid extremes of temperatures. Test water with hand, elbow or thermometer before bathing.
5. If feet feel cold at night, wear socks. Do not apply hot water bottles or heating pads. Do not use an electric blanket. Do not soak feet.
6. Do not walk on hot surfaces such as sandy beaches or on cement around swimming pools.
7. Do not walk barefoot.
8. Do not use chemical agents for removal of corns and calluses, corn plasters , or strong antiseptic solutions.
9. Do not use adhesive tape on the feet.
10. Inspect the inside of shoes daily for foreign objects, nail points, torn linings, and rough areas.
11. If your vision is impaired, have a family member inspect feet daily.

12. DO NOT SOAK FEET.

13. For dry feet, use a very thin coat of a lubricating oil or cream. Apply this after bathing and drying the feet thoroughly. Do not put the oil or cream in between the toes. Consult your physician or podiatrist for detailed instructions.
14. Stockings: wear properly fitting stockings. Do not wear mended stockings or stockings with seams. Change stockings daily.
15. Do not wear garters.
16. Shoes should be comfortable at the time of purchase. Do not depend on them to stretch out. Shoes should be made of leather. Purchase shoes late in the afternoon when feet are the largest. Running or special walking shoes may be worn after checking with your physician or podiatrist. Purchase shoes from a shoe salesman who understands diabetic foot problems.
17. Do not wear shoes without stockings.
18. Do not wear sandals with thongs between the toes.
19. In winter time, take special precautions. Wear wool socks and protective foot gear such as fleece-lined boots.
20. Cuts nails straight across. **IF YOUR NAILS ARE DIFFICULT TO TRIM OR YOU HAVE IMPAIRED CIRCULATION, HAVE YOUR NAILS TRIMMED BY A PODIATRIST.**
21. Be sure to inform your podiatrist that you are a diabetic.
22. Do not cut corns or calluses: follow instructions from your physician or podiatrist.
23. Avoid crossing your legs; this can cause pressure on the nerves.
24. See your physician regularly and be sure that your feet are examined at each visit.
25. Notify your physician or podiatrist **AT ONCE** should you develop a blister or sore on your foot.