

Diabetes Foot Team

Aintree Site

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Royal Site

Prescot Street, L7 8XP

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General Foot Care Advice for People with Diabetes

Footwear and Hosiery

Always ensure your feet are measured when buying shoes, ideally wearing a well fitting lace-up type shoe with soft seamless uppers that will not rub the skin and with plenty of room in the toe-box for movement of your toes.

Always ensure that your socks or stockings are the correct size to prevent restricting the movement in your toes or limiting the circulation to your feet.

Remember:

- To change your hosiery daily.
- Not to walk around barefoot as you may injure your feet.

Hygiene

Wash your feet daily, drying them carefully especially between the toes, taking the opportunity to check your feet for any breaks in the skin, blisters, dry skin or callosities.

Do not soak your feet as this can remove the natural oils from your skin and make it more prone to dryness.

If your skin is dry, apply a small amount of moisturiser to the skin taking care to avoid between the toes as this can make the skin too moist.

If your skin is more sweaty, wipe the area with a little surgical spirit and leave to dry naturally before replacing your hosiery.

Nail Cutting

Cut nails straight across following the natural curve of the toe. Often this is easier after bathing.

Regular nail filing with an emery board will keep your nails short and is a safer alternative to nail cutting with scissors or nail clippers.

Hot and Cold

Avoid bathing your feet in very hot water as you may easily burn your feet.

Ensure the water temperature does not exceed 36°C, testing the temperature with your elbow before you get into the bath or shower, especially if you have any numbness in your feet.

Similarly do not use foot spas as you may not be able to detect the temperature of the water.

Avoid sitting too close to fires or radiators and avoid using microwavable heat pads or hot water bottles as these all can easily burn your feet.

In bed, keep your feet warm with loose fitting bed socks.

If feet are wet, dry carefully with a towel and replace your socks.

Corns and Callous

Never attempt to remove corns or callosities (hard skin) yourself. Do not use abrasive files or proprietary products with blades that may damage the skin.

Do not use corn plasters as these may contain acids that can burn your skin.

If any foot problems develop consult your podiatrist.

First Aid Measures

Cover any cuts on your feet with a clean or sterile gauze dressing, securing the dressing lightly with adhesive tape.

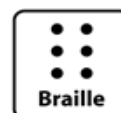
Remember never to burst blisters as this can lead to infection developing in your feet.

Seek immediate advice from your podiatrist if any foot problems develop.

Danger Signs

Seek immediate advice if you notice any discharge from a break in the skin, from a corn or from beneath a toenail.

Similarly you should seek immediate advice from your GP, practice nurse or podiatrist if you notice any change of colour in your legs or feet, or if any itching, swelling or throbbing develops in them.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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