

Daily foot care is important.

For people living with diabetes, feet are often overlooked as the management of other aspects of diabetes takes higher priority. However, foot problems are common and often debilitating for people living with diabetes. The good news is, there are simple preventative daily steps you can take yourself to help reduce the chances of developing diabetes-related foot disease. By following a daily foot care routine at home and having regular foot monitoring with your health professional, most foot problems are avoidable.

diabetes
FEET
care
checklist



Check

Look for damage


Check for ulcers, cuts, sores, bruises, redness, new calluses and other signs of injury or damage, including between toes and on lower legs. A mirror may be helpful for examining the bottom of your feet.

Feel your feet

Take note of changes in feeling which can include numbness, tingling or loss of feeling to touch. Be aware you may not feel pain from visible injuries due to loss of sensation in your feet. These injuries still need attention even if they're not currently causing you pain.

Check foot temperature

Be aware of the temperature of your feet, and monitor for noticeable changes (hot or cold).

 Convenient times to do your daily foot check are before your shower or before bed.



Wash

Clean daily*

Use soap/body wash and warm (not hot) water, including between toes and around toenails. Keeping your feet clean will help reduce the risk of infection.

Dry your feet

Dry your feet well, paying attention to dry between your toes.

Ask for help

If you have difficulty reaching your feet to clean and dry them, discuss options with your health professional and carer.



Care

Moisturise your feet

Apply moisturiser all over your feet and lower legs to keep your skin supple. Don't moisturise between the toes or on broken skin as this may lead to infection.

Maintain toenails

Long or ingrown toenails can cut into the skin of your feet, potentially causing infections and ulcers. Toenails should be cut straight across. Seek assistance from a carer or health professional if you have difficulty maintaining your toenails.

Check for corns or calluses

Corns and calluses are signs your feet are getting too much pressure. In people with limited feeling, they are also a warning sign of ulcers forming. Don't use over-the-counter corn or callus removal methods as these can cause wounds. Consult with your health professional for treatment options.



Wear

Protect your feet

Wear well-fitting footwear, both indoors and outdoors. This is important as you can easily injure yourself without realising (due to loss of sensation in the feet) by stepping on something hard or sharp. Wear clean socks to protect skin from chafing. Avoid sock seams where possible.

Check your shoes

Never store things in your shoes, as injuries can result. Check inside shoes before putting them on, for small pebbles, foreign objects or rough stitching.

Avoid ill-fitting shoes

When shoes don't fit well and are too tight, chafing and blisters may result. It's important for people with diabetes to wear footwear that fits, protects and accommodates their feet. Speak to a podiatrist to see if you require specialised insoles or custom-fitted footwear.