

Key steps for better

Diabetic foot care

What is diabetic foot ulcer?

A diabetic foot ulcer is an open sore or wound that occurs in approximately 15 percent of patients with diabetes and is commonly located on the bottom of the foot.

1



Do a daily self-checkup of your feet for cuts, blisters, redness, swelling and open sores

2



Wash your feet in warm (not hot) water, using a mild soap and dry them carefully especially between your toes

3



Trim you toenails straight across and file any sharp edges

6



Use moisturising lotion on your feet (except between toes as it can cause infection) to keep the skin smooth

5



Wear socks at bed time if your feet gets cold, wear fresh clean socks preferably white and wash them daily

4.



Wear only proper fitting shoes, which are supportive with low heels. Buy shoes late afternoon, as foot tends to swell during the day

7



DON'T walk barefooted even when indoors

8



DON'T smoke, as smoking can reduce blood flow to your feet

9



Never perform "self surgery" for ingrown nails, corns or calluses

12



Keep a regular check on your blood sugar level. Talk to your doctor about it

11



Ask your doctor about available diabetic foot wears

10



Don't stand in one position for a long time or sit with your legs crossed

Healthy feet healthy you

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