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Diabetic Foot Care

Simple daily habits that protect your feet

PATIENT INFORMATION LEAFLET



Diabetes can reduce feeling in the feet and slow down healing. A small cut or blister can turn into a serious ulcer. Most foot problems can be prevented with daily care.

1 Every day

- Look at both feet, including between the toes — use a mirror or ask family
- Wash with lukewarm water (test with your elbow) and dry well
- Moisturise dry skin, but not between the toes
- Cut nails straight across; do not cut corns yourself

2 Shoes and socks

- Never walk barefoot — not even at home, in the mosque or on hot roads
- Wear soft, well-fitting shoes; avoid tight or open-back sandals for long walks
- Check inside shoes for stones before wearing
- Wear clean cotton socks without tight bands

3 Avoid

- Hot water bottles or heaters near your feet
- Home remedies or blades on corns and calluses
- Smoking — it reduces blood flow

⚠ When to get medical help

- Any new wound, blister or cut that is not healing
- Redness, swelling, heat, pus or a bad smell
- Black or blue skin, or sudden pain
- Fever with a foot problem — seek help the same day

TIP Have a full foot check at least once a year at a diabetes foot clinic.

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