

Title: Diabetic Daily Foot Care Checklist

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My Daily Foot Care Checklist

- Wash – Warm water, mild soap
- Pat dry – including in-between toes, do not rub hard
- Examine feet closely for any of the problems listed below
Use a mirror or the help of a friend for hard-to-see areas
- Lotion tops and bottoms of feet, especially heels, do not lotion in-between toes
- Talcum or baby powder in-between toes
- Socks and shoes, no barefoot walking, check inside of shoes for pebbles or tears of the insoles or heel supports

Problems to look for



- Cracking between toes – may be infection
 - Blisters – do not break
 - Small cuts or red areas
 - Dry heels or skin cracking
 - Ingrown toenails
 - Foot swelling
 - Change in foot color
- Sores – check heels, balls of feet, and bottom of big toes
 - Change in foot temperature – feels warm or cold
 - Any difference in look or feel of right versus left foot

Call Doctor with any of the above problems or if I injure my foot

My Clinic: _ _ _ - _ _ _ - _ _ _ My Doctor:

More info: NIH National Diabetes Education Program - ndep.nih.gov