



GUIDE



Foot Care Tips for People with Diabetes



The Ottawa | L'Hôpital
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Disclaimer

This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified health-care provider. Please consult your health-care provider who will be able to determine the appropriateness of the information for your specific situation.

Foustanellas Endocrine and Diabetes Centre

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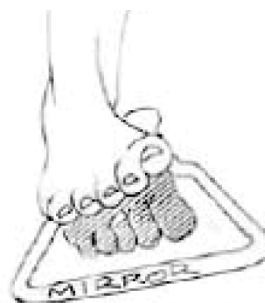
Foot care is very important for people with diabetes. Diabetes can increase your risk for foot infections, ulcers or even amputations. If you do regular foot care and avoid injury you can help prevent serious foot problems.

You may have special foot care needs for the following reasons:

- Diabetes can damage nerves. This may cause gradual loss of feeling in your feet without you even knowing it has happened. You can hurt your foot or develop a sore without being aware of it.
- Diabetes can damage blood vessels. This may decrease the flow of blood to the feet. Sores or foot wounds may take longer to heal and your ability to fight infections may be decreased.

Check your feet daily

- Look for ingrown toe nails, calluses, cracks, cuts, sores, blisters, swelling, hot spots, redness or any other colour changes.
- Check your socks for stains or signs of bleeding.
- If you can't see your own feet try using a mirror or get someone else to help you.
- If you find any problems call your doctor, nurse or foot specialist.



Keep your feet clean

- Wash your feet regularly but do not soak them.
- Dry well between your toes.
- Check that the water is not too hot before putting your feet in.

For dry skin, use a cream after bathing.

- Avoid perfumed lotions or those with alcohol.
- Do not put lotion between your toes.



Keep your nails trimmed

- Cut or file toenails straight across the top, even with the end of your toe. Do not cut them too short or down at the sides of your nails.
- Get help to cut your nails if you need it. Don't hurt yourself by using razors or knives on your feet.

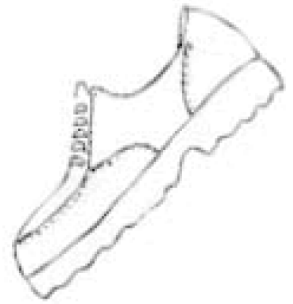


Don't ignore calluses

- See a foot care specialist for advice.
- Use a pumice or special foot file to reduce callus.
- Never cut corns or calluses with razors or knives.

Wear well fitting shoes and socks

- Make sure your socks fit smoothly, do not have bulky seams and are not too tight at the ankle. Change them every day.
- Check your shoes for rough spots or small stones etc. before you put them on.
- Do not wear shoes that cause reddened or sore areas.
- Choose new shoes that fit comfortably and do not cramp your toes. Break new shoes in slowly. Start by wearing them one to two hours a day.
- If you have lost some feeling in your feet you should not go barefoot, even in the house.



Health-care professionals who can help you with foot care problems.

- Your family doctor
- Your diabetes doctor
- The diabetes clinic nurse
- The diabetes clinic foot specialist (Chiropodist)

Foot wear guide

1. What to look for

- Some heel height, $\frac{1}{2}$ to $1\frac{1}{2}$ inches high.
- The heel should be enclosed and firm.
- The sole should be firm and flex near the ball of the foot.
- The shoe lining can be removed.
- The shoe should have laces, Velcro or straps that can be adjusted.



2. How should they fit?

- You should have about $\frac{1}{2}$ inch of space between your longest toe and end of the shoe.
- Your shoes need to fit well, no pressure, room for your toes.
- The ball of your foot lines up with the widest part of the shoe.

- There is minimal slip at the heel.
- The shoe feels good when walking or standing.

3. Shoe buying tips

- Always buy your shoes at the end of the day when your feet are the largest.
- One foot may be bigger than the other, always fit for the larger foot.
- If your shoes “look worn” it may be time to buy a new pair.
- Wear shoes made for each season and activity.

*Foot Wear Guide Created by
David Walker, Chiropodist*

Notes