



Low Carb Diabetes Association

Low Carb Diabetes Association
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FOOT CARE FOR DIABETIC PATIENTS

Complications to the feet may arise more easily as a result of decreased blood supply and sensation in the feet. Here are a few guidelines to follow for the care of your feet.

PLEASE check both your feet daily!

- Have your feet inspected regularly by a physician/podiatrist.
- Inspect your feet thoroughly on a daily basis for signs of sores, redness, cracks, blisters, or other irritations. It is important to inspect between your toes as well. The use of a mirror can aid in seeing the bottom of the feet.
- If your vision is impaired, have a family member inspect your feet daily.
- Cut nails straight across.
- Exercise daily
- Do not apply hot water bottles, heating pads or very hot water to your feet.
- Do not apply strong antiseptics or chemicals to your feet.
- Feet should be washed daily with warm water and mild soap. Pat dry after washing.
- To avoid foot injury, never walk barefoot.
- Wear properly fitted cotton socks, avoiding socks with seams.
- Do not wear shoes without socks.
- Shoes should fit properly at the time of purchase.
- Do not wear sandals with thongs between the toes.
- Inspect the inside of your shoes daily for foreign objects, nails, points and torn linings.

NOTIFY YOUR PHYSICIAN IF THE FOLLOWING OCCURS:

- Cuts or scrapes that do not heal.
- Redness or swelling spreading along the foot.
- Ingrown, infected toenails.
- Any kind of injury to the foot.
- Discoloration of the foot.
- Loss of sensation in the foot.
- Any pain, redness or swelling of the foot.