

Footwear

1. Always wear your shoes. Never go barefooted, even when you're at home.
2. Shoes should be comfortable and fit well.
3. Check the inside of shoes for stones, sharp objects, etc.
4. Wear a pair of cotton socks or stockings with your shoes at all times.
5. Socks and stockings should not be too tight.
6. Do not wear open-toe slippers or massage slippers.



Things to avoid

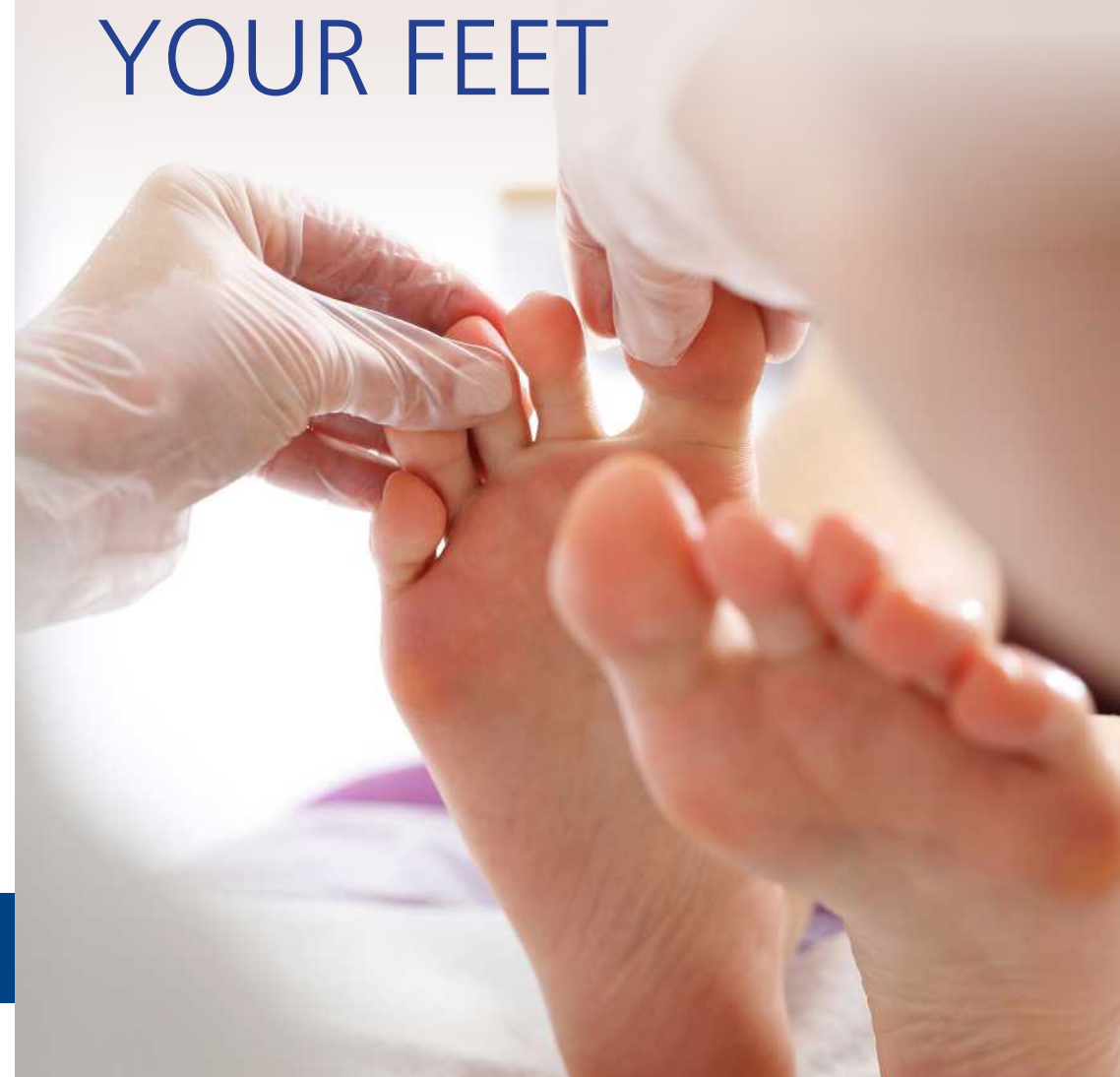
1. Do not soak your feet in very cold or very hot water.
2. Avoid applying moisturiser between your toes.
3. Avoid massage machines, foot reflexology and acupuncture.



Good control of your blood sugar levels is key to preventing foot problems. Go for diabetic foot screening at least once a year.



Patient Information Guide CARING FOR YOUR FEET



Taking care of your feet

If you have diabetes, you are at risk of serious foot problems. Poorly controlled blood glucose levels can damage the blood vessels and nerves, particularly those in the feet.

This causes

- your feet to become numb, and you will not know if there is any injury.
- decrease in blood flow to your legs and feet, and your wounds will take a longer time to heal.

It is very important that you protect your feet by controlling your blood sugar levels and maintaining proper foot care.

Cleaning your feet



Wash your feet every day with mild soap and warm water.



Dry feet well, especially between the toes.



Apply moisturiser every day, to prevent skin from cracking.

Checking your feet



Check your feet every day - between your toes, around the heel and the sole. Look for any cuts, swelling, redness, blisters, or discharge of pus.



A mirror is helpful when you are checking your sole.



You may also ask for someone's help to check your feet.

Cutting your nails



Cut your toenails regularly.



Use a nail file to file across the edge of the nail.



Do not cut down corners of the nail.

Dealing with corns and calluses



Use 10% urea cream to soften the corn. If it does not work, see a podiatrist or doctor.



Do not use acid treatments or corn plasters.



Do not use sharp instruments on your feet.

Managing wounds on your feet



If you have a wound, clean using normal saline and dry the area carefully.



Apply an antiseptic and cover with a clean, dry dressing.



Check the wound every day. See your doctor or podiatrist if your wound is not better after 2 days.