

HANG ME ON YOUR TOWEL RAIL

Diabetes

Take the right steps
to keep your feet healthy



DO

- ✓ Every day check your feet for cuts, blisters, bruises, colour changes, swelling, in-grown toenails and sores. Wear glasses if needed. Use a good light. Use a mirror to see the soles of your feet. Ask for help if you cannot see clearly.
- ✓ Always protect your feet. **Wear suitable footwear inside and outside.**
- ✓ Check inside your shoes for stones, sharp objects and rough places before putting them on.
- ✓ Buy new shoes late in the day, as your feet are more swollen then.
- ✓ Wear socks with your shoes to help prevent injury.
- ✓ Wash between your toes. Dry your feet carefully, especially between the toes. Use foot cream or lotion to keep your skin soft.
- ✓ Cut toenails straight across and file any sharp edges.
- ✓ Have your feet checked regularly by a healthcare professional.
- ✓ Keep wounds covered with clean dressings and check them daily.

Remember that even if foot problems are painless, they can still be serious.

This information is not intended to replace the advice of your healthcare team.



diabetes
new zealand

www.diabetes.org.nz

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DON'T

- ✗ Don't walk barefoot inside or outside.
- ✗ Don't wear tight shoes or shoes with rough edges and uneven seams.
- ✗ Don't wear pointed-toe shoes, high heels, stilettos, or shoes with straps that have no back support.
- ✗ Don't wear tight or knee-high socks.
- ✗ Don't wash your feet with water that is too hot.
- ✗ Don't let your feet get dry and cracked.
- ✗ **Don't use a heater or hot water bottle to warm your feet.**
- ✗ Don't try to treat your own feet with corn medicines or razor blades.
- ✗ Don't smoke.
- ✗ Don't wear jewellery on your feet.

THINGS TO LOOK OUT FOR

- ◆ Your foot becomes painful.
- ◆ Your foot becomes noticeably red or discoloured.
- ◆ A part or all of your foot becomes unusually hot.
- ◆ There is a discharge of any kind from your foot.
- ◆ Your feet smell bad.
- ◆ Your foot has an open sore or blister.
- ◆ You feel unwell with nausea and a high temperature.
- ◆ You have unusual difficulty keeping blood glucose levels under control.

If you have any problems, contact your healthcare professional straight away.

For more information contact:
Your local diabetes Branch, or
Your podiatrist, or
Phone 0800 DIABETES
(0800 342 238)
www.diabetes.org.nz