

# DIABETES FOOT CARE



Proper foot care is an important part of diabetes management. Diabetes can cause nerve and circulation issues resulting in pain or loss of feeling in your legs, feet and other parts of the body (diabetic neuropathy). Serious foot infections resulting from nerve damage can lead to loss of toes, feet or lower limbs.

People living with diabetes should have an annual foot exam. This can be done by your primary care provider, your diabetes care provider or your podiatrist.

In addition, your physician or nurse practitioner should look at your feet during every visit. Removing your shoes and socks in the exam room is an excellent reminder.

- ✓ **CHECK YOUR FEET EACH DAY** for cuts, sores, cracks in the skin, blisters, or signs of infection, such as redness, swelling, warmth, or other problems. Use a mirror, if necessary, to look at the bottoms of your feet or ask someone to help you.
- ✓ **KEEP CUTS AND SORES CLEAN** and let your care team know immediately if they're not healing or show signs of infection.
- ✓ **WASH YOUR FEET EVERY DAY** using warm, soapy water (not too hot).
- ✓ **DRY FEET COMPLETELY**, including the tops, bottoms and between your toes.
- ✓ **AVOID DRY OR CRACKED SKIN** by applying lotion on the tops and bottoms of your feet, but not between the toes.
- ✓ **TRIM TOENAILS** using nail clippers or a file only if you can see, feel and reach your toes. Otherwise, have someone assist you.
- ✓ **FOOTWEAR SHOULD ALWAYS FIT PROPERLY**, and wear soft, thick socks with no seams. Seams can rub against the skin and cause blisters.
- ✓ **NEVER WALK BAREFOOT** indoors or outdoors. Always wear shoes with socks or slippers to avoid injuring your feet.

**CALL YOUR CARE TEAM OR PODIATRIST IF YOU HAVE ANY CONCERNS ABOUT YOUR FEET.**

**DIABETES CENTER OF EXCELLENCE**  
AMBULATORY CARE CENTER (ACC), SECOND FLOOR  
55 LAKE AVENUE NORTH, WORCESTER, MA 01655

NEW PATIENTS: **855-UMASS-MD** (855-862-7763)  
EXISTING PATIENTS: **508-334-3206**

NS DIAB 0033  
Most Recent Review Date: 05/31/22

 **UMass Memorial Health** |  **UMass Chan MEDICAL SCHOOL**

**Diabetes Center of Excellence**

**[WWW.UMMHEALTH.ORG/DIABETES](http://WWW.UMMHEALTH.ORG/DIABETES)**