

Care for your feet – The right type of care for those with diabetes



Go **regularly** to medical check-ups!



Check all sides of your feet. Do you see any bruises, deformities, hardened skin, nail fungus, or sores?



Wash your feet in a **luke-warm foot bath**. Afterwards **dry your feet well**, including between the toes. **Don't wash sores**, only disinfect!



File the **nails straight** and not rounded. Do not use scissors, clippers, or pliers.



Remove calluses only using a **pumice stone**.



Regularly apply cream to dry feet. Use creams or foams containing **urea** (5-10 %).



Change your socks on a **daily basis**. Ensure socks have a high **cotton content**.



Carefully break in **new shoes**. Check to see if shoes have **uncomfortable seams that cause rubbing**.