Foot care is important when you have diabetes. Controlling your blood sugar levels can help you avoid diabetes foot problems.

Here are some helpful tips:

• Check your feet daily. Look for red spots, cuts, swelling, and blisters. Use a mirror or ask for help if you cannot see the bottom of your feet.
  – If sores don’t start healing after 1 day, call your doctor.

• Wear comfortable, well-fitting shoes and socks. Make sure there is nothing inside before you put them on.

• Never walk barefoot.

• Wash and carefully dry your feet daily.

• Use lotion to keep the tops and bottoms of your feet soft and smooth. Do not put lotion between the toes.

• Trim your toenails straight across.

• Protect your feet from too much hot and cold.

• Put your feet up when sitting.

• Don’t cross your legs for very long.

• Wiggle your toes and move your ankles up and down for 5 minutes at least 2 or 3 times a day.

Get a complete foot exam once a year, or more often if you have problems.

This material has been developed by GlaxoSmithKline.