

# Foot care for people with diabetes

Cornerstones4Care™

People with diabetes have to take special care of their feet. You should have a comprehensive foot exam by your doctor every year. This page shows some more things you can do on your own to keep your feet healthy.

**Wash your feet** in warm water every day.



**Dry your feet well**, especially between the toes.



**Keep the skin soft** with a moisturizing lotion, but do not apply it between the toes.



**Inspect your feet every day** for cuts, sores, blisters, redness, calluses, or other problems. If you cannot see well, ask someone else to check your feet for you.



**Ask your diabetes care team** how you should care for your toenails.



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**To avoid blisters, always wear clean, soft socks** that fit you. Do not wear socks or knee-high stockings that are too tight below your knee.



**Always wear shoes that fit well.** Break them in slowly.



**Never walk barefoot** indoors or outdoors.



**Before putting your shoes on,** feel the insides for sharp edges, cracks, pebbles, nails, or anything that could hurt your feet.



For more information, visit  
[Cornerstones4Care.com](http://Cornerstones4Care.com)

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