



Daily Foot Care Checklist

For people with diabetes

Diabetes can increase the risk of foot problems. Routine foot care and prompt attention to changes can help protect your feet.

- Check the tops, bottoms, sides, heels, and between the toes for cuts, redness, swelling, sores, blisters, corns, calluses, or other changes.
- Wash feet in warm - not hot - water and dry them well, especially between the toes.
- Do not walk barefoot, even indoors.
- Wear clean socks and shoes that fit well; check inside shoes for objects or rough areas before putting them on.
- Trim toenails carefully. If you cannot see or reach your feet safely, or nails are thick or difficult to trim, ask a healthcare professional for help.
- Do not cut corns or calluses yourself or use medicated corn/callus removers unless your healthcare professional says they are safe for you.
- Tell your healthcare professional promptly about a sore, blister, cut, redness, swelling, drainage, color change, or other foot problem that is not improving.

For educational and informational purposes only. This resource is not medical advice and does not provide diagnosis or treatment. Follow the individualized guidance of your physician, pharmacist, or other licensed healthcare professional. MorgenRaynConsulting@gmail.com