

## 1 Wash your feet every day

Use warm water

Test the water with your elbow



Use soap



## 2 Keep in between your toes healthy

Put methylated spirit between your toes

- The methylated spirits keeps between your toes dry.
- The methylated spirits stops mould and fungus growing



## 3

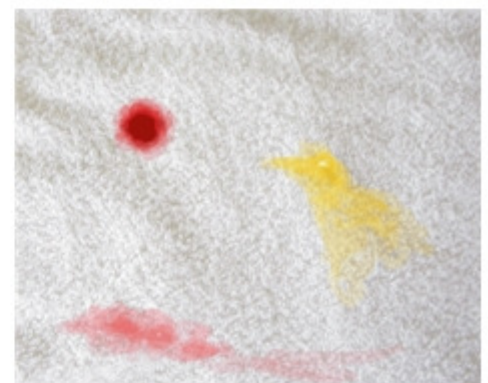
Use a clean towel



Dry between your toes



Check your towel for blood or pus



**4**

Rub cream into your feet 2 times a day.

The cream will help stop your skin drying up and cracking. This will keep the skin soft



Don't put cream between your toes



**5**

Put a new pair of clean socks on each day.

If your socks get very sweaty or wet, wash & dry your feet then put a new clean pair of socks on.

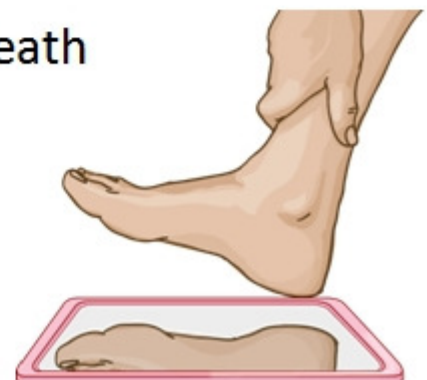


**6**

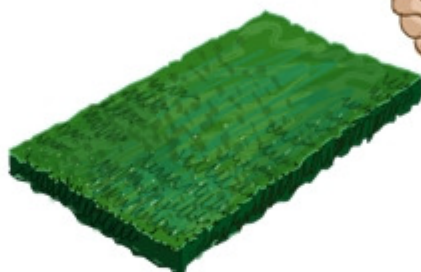
If you can't check your own feet get someone to help you



Use a mirror to check underneath



**7** Gently rub hard skin with a scrubbing pad



**8** Keep your toenails smooth  
Use a sandpaper nail file



Have your toenails cut by either:

- **The high risk foot clinic,**  
or
- **Your podiatrist**



**9** **Never** cut your own nails until you have talked to the podiatrist or nurse



They will tell you if you can cut your own toe nails



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### Purpose of resource:

To describe how to look after your feet.

The story is relevant for people with different kinds of diabetes.

### Key health competencies:

After using the resource a client should be able to show or tell you about:

- How to wash their feet.
- Keep between their toes healthy.
- Why you need to use a clean towel & look for blood or pus on the towel after it has been used .
- How to use skin cream on their feet
- The importance of wearing a pair of new socks every day & changing socks if they get wet or sweaty.
- Getting someone to help them check their feet & how to use a mirror so they can see underneath their feet.
- How to remove hard skin safely..
- How to keep their toenails smooth.
- To always getting their toenails cut at the high risk foot clinic or by a podiatrist.
- Never cutting their own nails unless they have talked to the podiatrist or nurse first

### Related resources

- Looking after your feet– Posters
- Looking after your feet– Yarn cards
- Looking after your feet– Picture yarn
- Looking after your feet– Test cards
- Foot care– Body parts

### Notes:

The resource can be printed A3 or A4 size and then laminated.

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