

Diabetes Foot Care

Keep clean & dry

Looking after your feet



1 Wash your feet every day

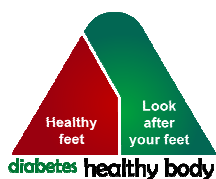
2 Use warm water



Test the water with your elbow



3 Use soap



CDRO

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4

Keep in between your toes healthy

Dry between your toes



5 **Always** put methylated spirits between your toes every day



Damp feet can cause fungal infections which make your feet sore



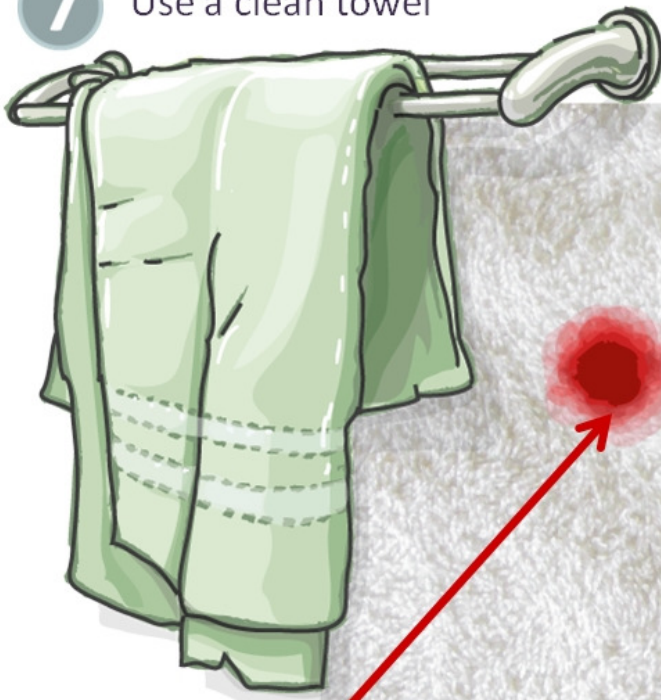
6

The methylated spirits keeps between you toes dry and stops fungal infections

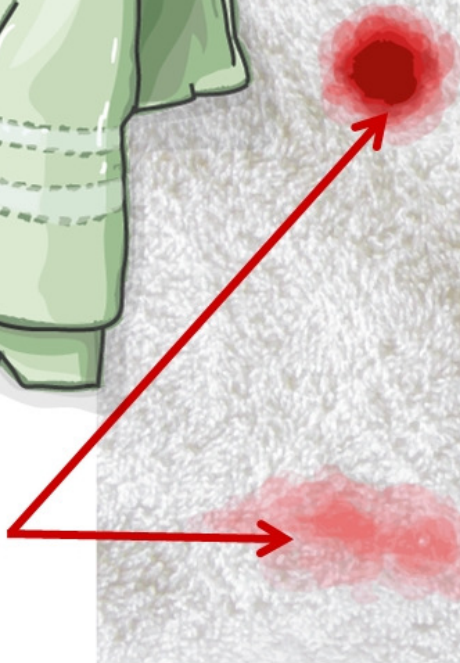


7 Use a clean towel

Check your towel for blood or puss



blood



puss



8 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



9 Don't put cream between your toes

Socks

10 Put a new pair of clean socks on each day.



11 If your socks get very sweaty or wet...



Wash and ...



12 dry your feet ...



13 then put a new clean pair of socks on.

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.

Related resources

There are resources for the following :

1. Regular foot check up 
2. Keep clean & dry 
3. Smooth toenails & skin 
4. Sores & infections 
5. Checking 
6. Ulcers 
7. Bad infections 
8. Socks & footwear 
9. Shoes & sandals 
10. Making choices 
11. Walking test 
12. Blood pipes 
13. Smoking 
14. Protecting nerves 
15. Nerve damage 
16. Exercise is good 
17. Getting organised 
18. Exercise & your nerves 

Notes:

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

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Levels



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