

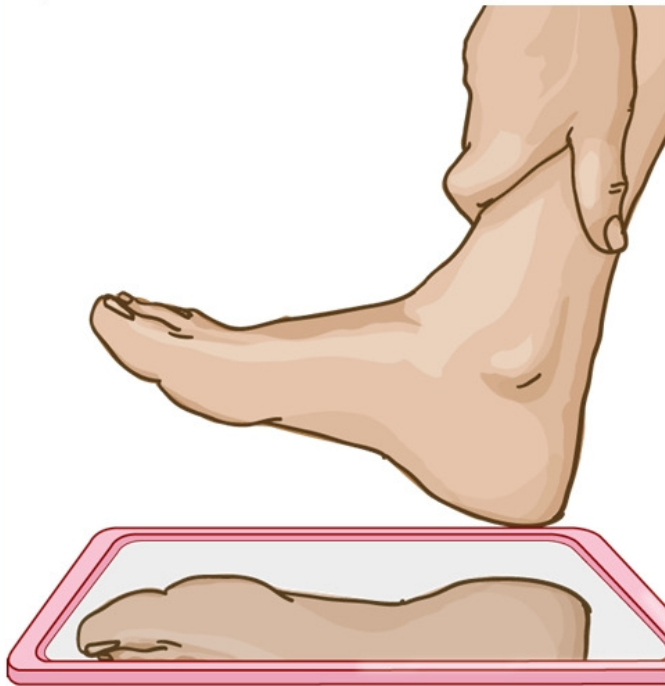
◆ Smooth toenails & skin



◆ Smooth toenails & skin



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◆ Smooth toenails & skin



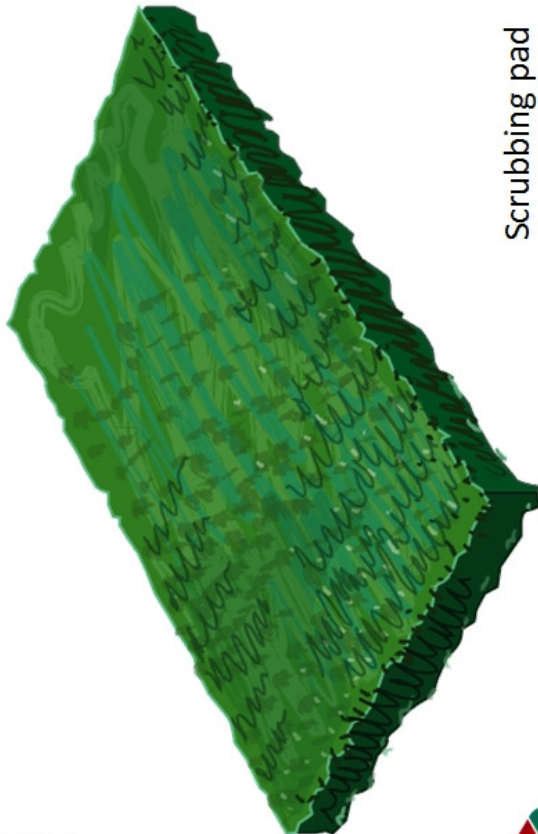
Cracked skin can let in germs

◆ Smooth toenails & skin



Use scrubbing pad to remove hard skin

◆ Smooth toenails & skin



Scrubbing pad

◆ Smooth toenails & skin



Use scrubbing pad to remove hard skin

◆ Smooth toenails & skin



Have your toenails cut by:
The high risk foot clinic
Your podiatrist

◆ Smooth toenails & skin



Never cut your own 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.

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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