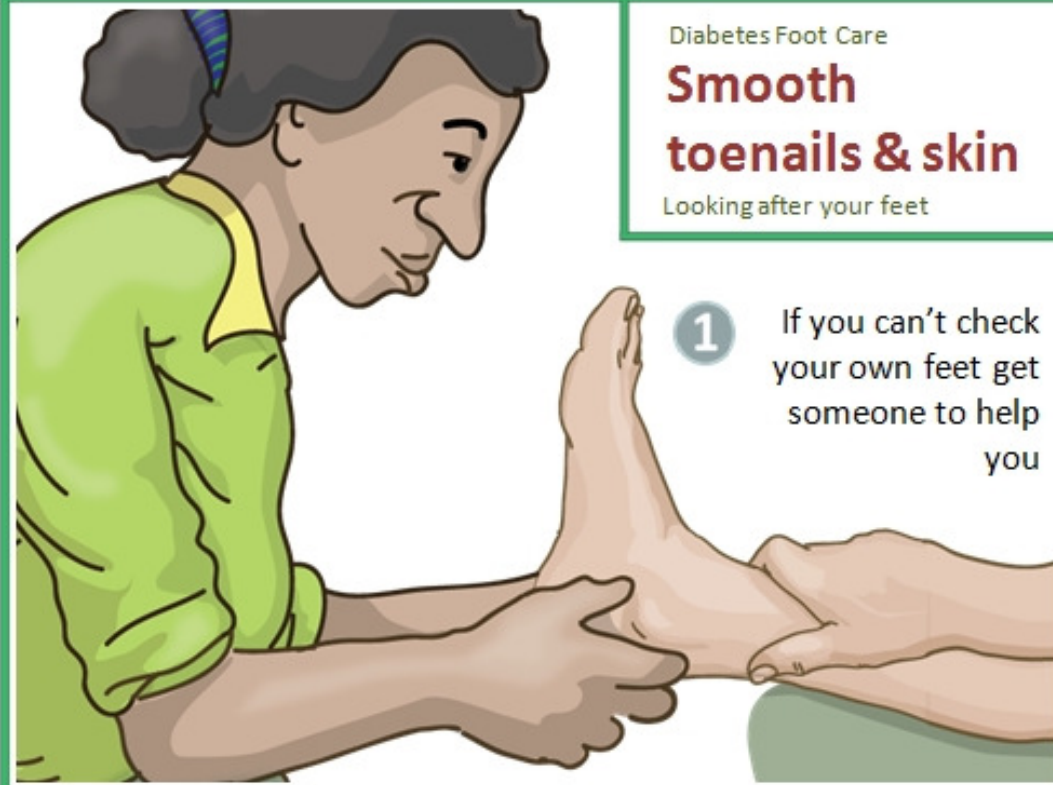


Never cut your own nails until you have talked to the podiatrist or nurse

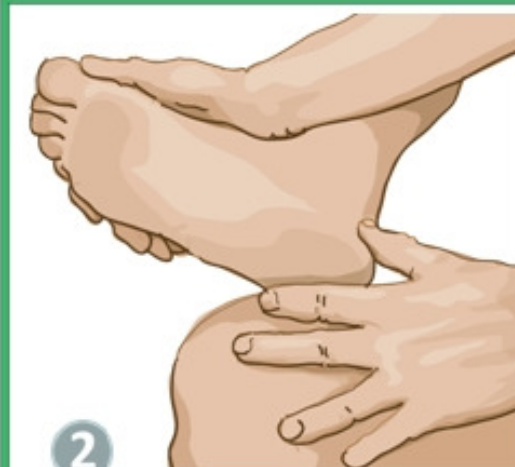


8 He or she will tell you if you can cut your own toe nails

Diabetes Foot Care
**Smooth
toenails & skin**
Looking after your feet



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



2 Always check underneath



3 Use a mirror to check

Preventing hard skin



4 Hard or cracked skin can let germs in



5 Gently rub hard skin with a scrubbing pad



Toenails

6 Keep your toenails smooth



Use a sandpaper nail file



7 If you have a diabetes high risk foot you must be very careful.

You must:

Have your toenails cut by:

The high risk foot clinic

or

Your podiatrist



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