

Diabetes Foot Care

Smooth toenails & skin

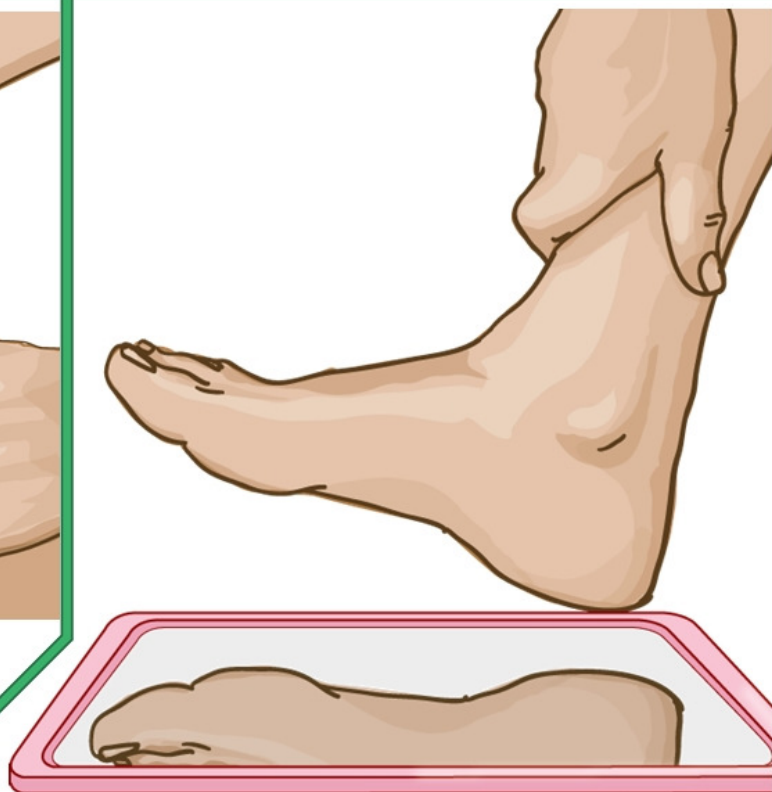
Looking after your feet



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



- 2** Always check underneath



- 3** Use a mirror to check

CDRO

Chronic Disease Resources Online
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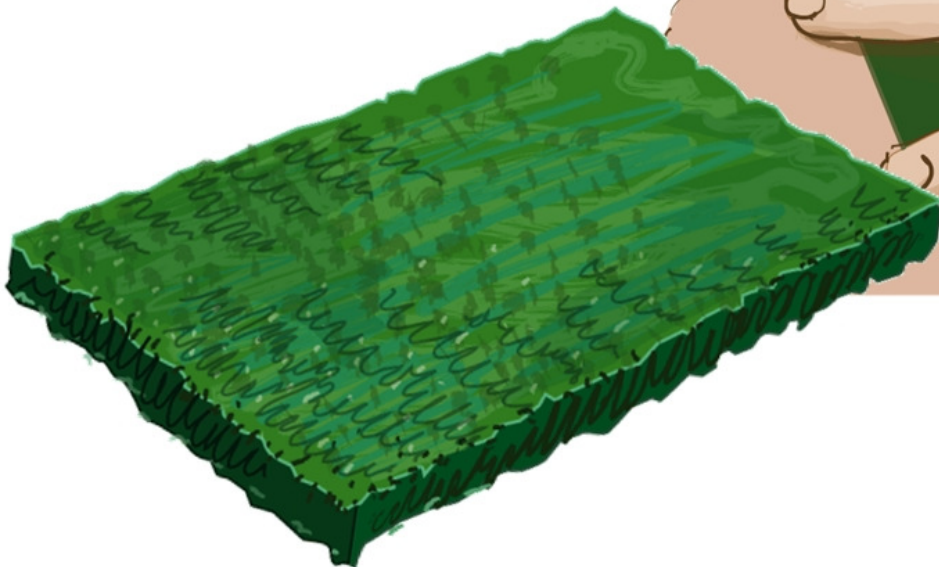


Preventing hard skin



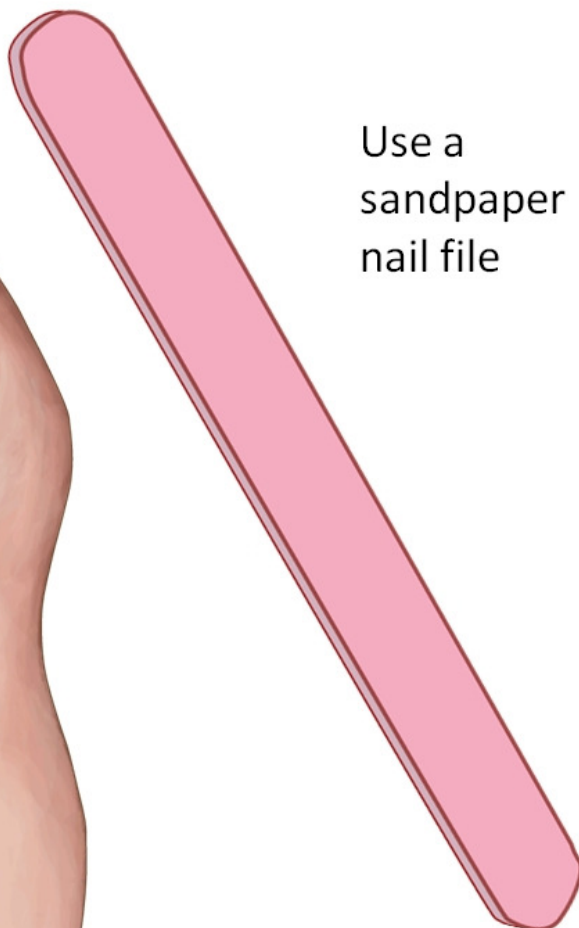
4 Hard or cracked skin can let germs in

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



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



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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