

Foot Care for People with Diabetes

Diabetes can cause slow blood flow and damage the nervous system around the feet. If diabetes patients do not take precautions to maintain healthy feet, any injury can cause a series of complications, including foot ulcer, bacterial infection, and neuropathic osteoarthritis. These complications may result in irreversible damage to feet such as amputation.

Guideline to Diabetes Foot Care

1. Check the feet every day, especially for any cuts or sore skin.
2. Wash the feet with warm water and mild soap, and dry them thoroughly, especially the area between toes.
3. Use lotion over the top and bottom of the feet to keep them moisturized. Do not apply the lotion between the toes or it will increase the risk of fungal infection.
4. Wear clean socks and shoes that fit well.



5. Use a nail clipper carefully. Have toenails trimmed straight across and filed. Do not forcefully pull out any hangnails to prevent injury to the surrounding skin tissue.
6. Check the shoes daily to make sure they are free of any pebbles or sharp objects.
7. Don't walk barefoot. Remember to wear socks and fitting shoes at all times



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