Dr. Yousef Nafal, DPM
FOOT & ANKLE SURGEON

Questions? Call
(734) 667-3714

HOME CARE

Daily foot check for diabetes

Check both feet every day. Diabetes can make it hard to feel a cut or blister, and a small sore can turn serious fast.

Your daily check (about 5 minutes)

1

Look.
Check the tops, bottoms, heels and between your toes. Use a mirror or ask for help.

2

Feel.
Notice any spot that is warmer, colder, harder or more swollen than usual.

3

Wash and dry.
Use lukewarm water (test it with your elbow). Dry well, especially between your toes.

4

Moisturize.
Use lotion on dry skin.
Never put it between your toes.

5

Clean socks.
Wear clean, dry socks without tight bands or rough seams.

6

Check your shoes.
Shake them out and feel inside for stones or rough spots before you put them on.



Check every part of each foot, every day.



Sores often start on the ball of the foot, toes and heel.

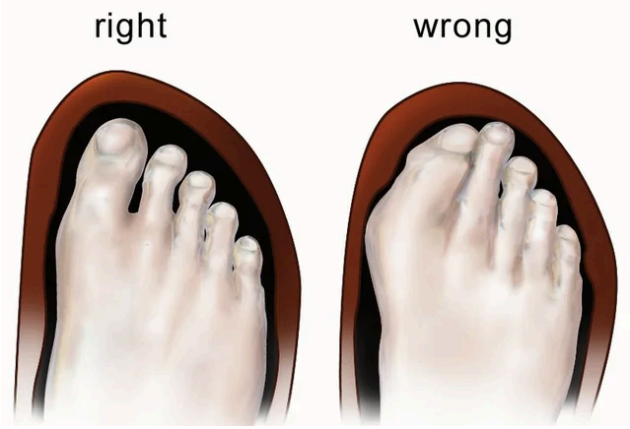
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My foot check: check a box each day

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning: looked and felt	☐	☐	☐	☐	☐	☐	☐
Evening: washed, dried, lotion	☐	☐	☐	☐	☐	☐	☐

Look for

- Cuts, blisters, cracks or sores
- Redness, swelling or warm spots
- Corns, calluses or ingrown nails
- Color changes: pale, blue, purple or black
- Drainage on your socks



Shoes should fit well, with room for your toes. Shop late in the day.

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Do

- ✓ Wear shoes and socks at all times, even at home
- ✓ Cut nails straight across and file sharp edges, or let us trim them
- ✓ Keep your blood sugar in your target range
- ✓ Get your feet checked at every visit
- ✓ Ask about diabetic shoes. Medicare and many plans may help pay for them

Don't

- ✗ Walk barefoot, even indoors or at the beach
- ✗ Use heating pads, hot water bottles or very hot water on your feet
- ✗ Cut corns or calluses yourself, or use corn-removal pads
- ✗ Soak your feet for a long time
- ✗ Smoke. It reduces blood flow to your feet

⚠ Call us the same day if you have

- A cut, blister or sore that isn't better in 1 to 2 days
- Redness, warmth, swelling or a bad smell
- Drainage or a spot on your sock
- Skin that turns blue, purple or black
- New numbness, tingling or pain
- An ingrown nail that is red

Go to the emergency room if you have a red, hot, swollen foot with a fever, or you feel very ill.