THE FOOT CARE GUIDE
THE 9-STEP DAILY FOOT CARE GUIDE FOR PEOPLE WITH DIABETES

1. Wash your feet every day with luke warm water and soap.
2. Dry your feet well, especially between the toes.
3. Moisturise your feet, but not between the toes.
4. Check your feet for blisters, cuts or sores.
5. Keep your toenails at a reasonable length.
6. Wear clean socks that aren’t too big or small.
7. Keep your feet warm and dry with shoes that fit comfortably.
8. Never walk barefoot indoors or outdoors.
9. Examine your shoes for things that might hurt your feet.

These daily foot checks are recommended, along with attending your annual foot care review which needs to be organised through your healthcare team.