

HOW TO LOOK AFTER YOUR FEET

7 steps to daily foot care to keep your feet healthy

STEP 1



CHECK

Check your feet and between your toes every day. If you find any changes, show your doctor as soon as possible.

STEP 2



WASH

Wash your feet every day with water and soap that is gentle on the skin.

STEP 3



KEEP DRY

Keep your feet dry, especially between your toes.

STEP 4



MOISTURISE

Rub your feet every day with a moisturising cream. Cover the top and bottom of your feet, toenails and heels. Do not moisturise between your toes.

STEP 5



TRIM NAILS

Keep your toenails trimmed.

STEP 6



PROTECT

Protect your feet from injury. Make sure you wear clean socks or stockings and well-fitting shoes that protect your feet.

STEP 7



SELF CARE

Continue to look after your diabetes, and avoid smoking.

Daily foot care will help keep your feet healthy.

Remember to have your feet checked at least once a year by your doctor, practice nurse or podiatrist.

For more information about diabetes-related foot health go to www.footforward.org.au