

## Useful websites

- Diabetes UK [www.diabetes.co.uk](http://www.diabetes.co.uk)
- British Association of Prosthetists & Orthotists (BAPO)  
[www.bapo.com](http://www.bapo.com)
- Society of Chiropodists and Podiatrists [www.scpod.org](http://www.scpod.org)

## Contact us

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**Your Orthotist is:**

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To find out more about our Trust visit  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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NHS Orthotic Managers Group, May 2025  
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# Foot care advice for people with diabetes

Information for patients

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Department of Orthotics

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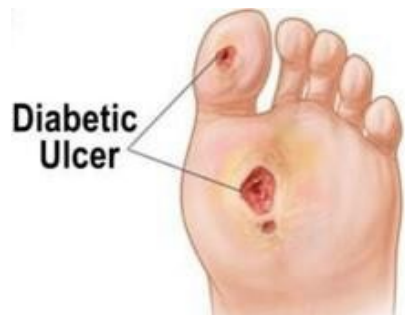
## This leaflet gives advice on looking after your feet for patients with diabetes.

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### Diabetes and foot care

Foot care amongst people with diabetes is incredibly important.

Foot related complications are common due to the damage that raised blood sugars can cause to sensation and circulation.



Caring for your feet by regularly checking them can allow for early detection or signs of damage that are occurring.

Damage to your feet can be reduced by wearing well-fitting footwear, keeping your feet clean and in good condition, and avoiding barefoot walking. Check your feet EVERY day for early detection of any changes.

Seek medical advice from your orthotist, podiatrist or GP if you notice any changes to the shape of your feet or if you notice a new area of pressure or rubbing.

### Checking your feet

You should examine your own feet daily for any changes. This is particularly important if you are suffering from poor circulation or any numbness. If you have trouble checking your own feet, you may need to ask someone to help you check them.

Look out for any of the following signs of foot damage:

- Cuts / grazes
- Bruising
- Swelling
- Sores
- Changes in colour
- Ulceration
- Hard skin – any cracking from hard skin may develop into an ulcer over time.

### 9-step daily foot care guide

1. Wash your feet every day with luke warm water and soap.
2. Dry your feet well, especially in 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 a reasonable length; you may need to see a podiatrist / chiropodist for this.
6. Wear clean socks that are not too big or small.
7. Never walk barefoot indoors or outdoors.
8. Keep your feet warm and dry with shoes that fit comfortably.
9. **Examine your shoes before putting them on for things that might hurt your feet, both inside and on the soles.**