

## Useful contacts

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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All our publications can be made  
available in different languages  
or formats

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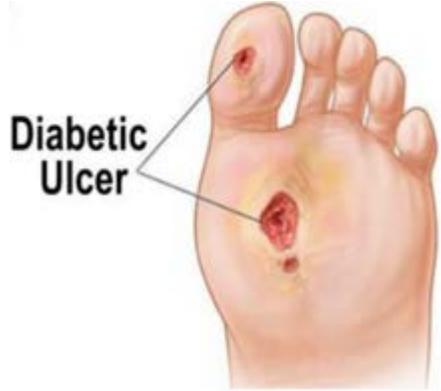
Department of Orthotics

Foot care advice for  
people with diabetes

Information for patients

## Diabetes and foot care

Foot care amongst diabetics is incredibly important as foot related complications are common due to the damage raised blood sugars can cause to sensation and circulation.



Caring for your feet by regularly checking them for any signs of damage can reduce the risk of damage from occurring.

Damage to your feet can be reduced by avoiding walking barefoot, wearing correctly fitting footwear and keeping your feet clean and in good condition. Check your feet every day for any signs of damage.

**Seek medical advice from your orthotist, podiatrist or GP if you**

**notice any change to the shape of your feet or if you notice a new area of pressure or rubbing.**

### Checking your feet

You should regularly examine your own feet. This is more important if you are suffering from poor circulation and 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
- Bruising
- Swelling
- Grazes
- Sores
- Changes in colour
- Ulceration
- Hard skin

(Any cracking from hard skin may develop into an ulcer over time.)

### The 9 step daily foot care guide

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 are not 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.