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WHAT EVERY DIABETIC SHOULD KNOW **DAILY CHECK LIST**

- *Check feet/toes daily for sores, cuts, scratches or any signs of inflammation or skin breakdown.*
- *Stop smoking.*
- *Wash feet with mild soap and pat dry **thoroughly** every day.*
- *Bathe in warm water, **never hot** --- avoid temperature extremes.*
- *Wear socks or slippers if feet get cold. **Do not** use heating pads.*
- ***Do not** go barefoot.*
- ***Do not** walk on hot surfaces --- avoid temperature extremes.*
- *Consult your physician before using over the counter creams and lotions.*
- *Check inside shoes carefully before wearing anything that may cause unnoticed irritations.*
- ***Do not** trim your own toenails unless your physician states otherwise.*
- ***Do not** cut corns or calluses, consult your foot specialist.*
- ***Do not** soak your feet unless instructed by your physician.*
- *If your feet are dry, consult your physician. **Do not** put oil or cream between toes.*
- *Wear socks that fit properly and have no seams. **Do not** wear mended socks.*
- *Change your socks daily.*
- ***Do not** wear garters.*
- *Wear shoes that are soft, do not bind at the toes and feel comfortable **when purchased.***
- *When wearing **new shoes**, check feet for pressure spots **very frequently.***
- ***Always** wear socks with shoes. Look for socks without seams that are diabetic approved.*
- ***Do not** wear sandals.*
- *Contact physician **immediately** if you get a sore or blister on your feet.*

Be sure your physician knows you are diabetic.

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