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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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