

# Ten top tips for healthy, happy feet

## 1 Manage your blood sugar

Maintaining good control of your blood sugar improves your overall health, and may lessen the risk of developing a foot ulcer and delayed healing.

**2 Inspect your feet daily** and look for signs of damage, as described on pages 8–9.

**3 Wash and dry your feet daily.** Do not put cream between your toes and do not use talcum powder. Do not soak your feet for a long time as it can damage your skin.

**4 Moisturise your feet daily** with a perfume-free moisturiser to prevent dryness and cracking, which could lead to infection.

**5 Trim your toenails** straight across to avoid ingrown nails and be very careful not to pierce the skin by mistake. Use a file to remove any sharp edges.

**6 Do not use blades or corn plasters** as they can damage your skin. If you need help speak to a podiatrist.

## 7 Wear appropriate fitting shoes and socks

to protect your feet from injury and blisters. Avoid old insoles, socks with holes or thick seams. You can ask for help in selecting the right footwear from a podiatrist, but as a general rule, footwear should be broad fitting, have a deep and rounded toe area, have a flat or low heel and fasten with a lace or buckle to stop your feet from moving around.

## 8 Avoid walking barefoot.

If you walk barefoot, you risk injuring your feet by stubbing your toes and standing on sharp objects which can damage the skin. Wearing only socks or thin-soled standard slippers should also be avoided.

## 9 Avoiding variation in temperature.

If your feet are cold, wear socks. Never sit with your feet





in front of the fire to warm them up. Always remove hot water bottles or electric blanket from your bed before getting in. This is especially important if you have reduced sensation, to avoid burning your feet.

**10 Eat well and be active.** Get support from a dietitian so you know what to eat and how food affects you. Keeping active will help you manage your diabetes and reduce your risk of serious foot complications. If you are worried about what activity to choose, speak to your healthcare team<sup>1</sup>.

**For more information on diabetes and looking after your feet, you can read this booklet produced by Diabetes UK: [Diabetes and looking after your feet for web\\_6ec78309-b1c1-471e-be15-99184b252dcb.pdf](https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet)**