

Diabetic foot care at home

Diabetes can affect the nerves and blood circulation to the feet. This makes patients with diabetes less able to feel injuries such as cuts or blisters and prolong healing to any wounds on their feet.

If the small wound is left untreated or undetected, it can lead to potential infection or serious complications.

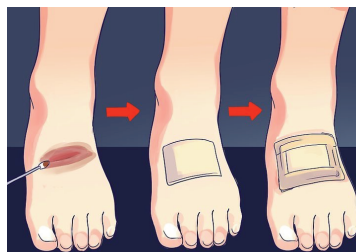
A good daily foot care regime and good blood sugar control can help to ensure healthy feet.

- Prepare a foot care kit containing the following items: small hand mirror, nail clipper nail file, skin file, and moisturizing lotion.
- Wash your feet in lukewarm soapy water and dry thoroughly, especially in between the toes.
- Inspect your feet for cuts, bruises, ingrown toenails, callus or skin colour changes. You may use a small mirror or ask a family member to check your soles. Also inspect in between your toes.

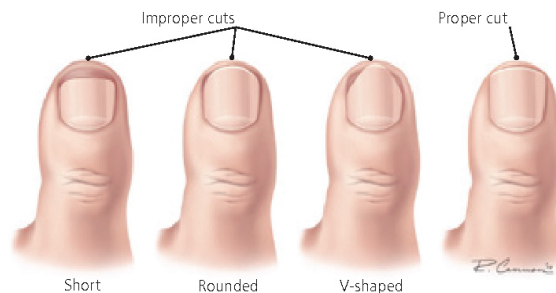


See a medical professional if you discover any suspicious lesions on your feet. Do not attempt to remove any corns or calluses yourself

- Do a simple dressing using iodine and bandage for any open wounds to the feet (Fig 1.1).
- Trim toenails straight across and avoid cutting them too short. Use a nail file to smoothen any sharp edges (Fig 1.2).
- Wear supportive and accommodative shoes when outdoors, and protect your feet in the house with a cushioned bedroom slipper (Fig 1.3).



(Fig 1.1)



(Fig 1.2)



(Fig 1.3)

Signs of infection

- Redness
- Swelling
- Warmth
- Painful
- Pus discharge from wound
- Fever

Additional Resources



<https://www.scripps.org/sparkle-assets/documents/c-foot-care-for-people-with-diabetes.pdf>



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http://guidelines.diabetes.ca/cdacpg/media/documents/patient-resources/ch/Footcare_Chinese_Web.pdf

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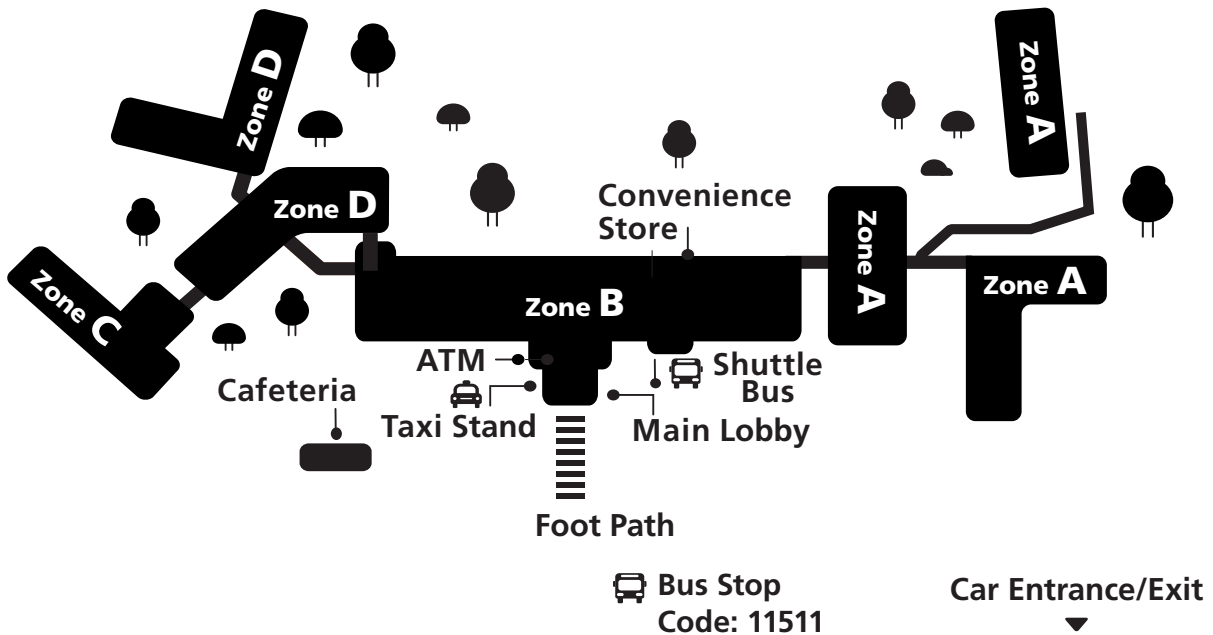
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