

Education for prevention

Using a patient's time in the hospital to provide education to prevent diabetic foot ulcers.

- Maintain a healthy lifestyle, including normal blood glucose levels and cholesterol levels.
- Check feet every day or ask a loved one to check for you.
- Wash feet in warm water and dry them well.
- Use cream to soften feet and reduce cracks; use only powder between toes.
- Keep calluses smooth and never cut them with a razor.
- Keep toenails trimmed; visit a podiatrist regularly if you can't do this yourself.
- Wear socks and shoes; check inside shoes for objects or lumpy lining.
- Elevate feet when sitting; never wear tight stockings that may cut off circulation.
- Exercise with properly fitted shoes and socks.
- Ask your provider if you need special shoes or shoe inserts to protect your feet.
- Stop smoking.
- For cuts or sores that don't heal, see your provider.
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Source: National Diabetes Education Program (U.S.). *Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems*. Bethesda, MD: National Diabetes Education Program; 2000.