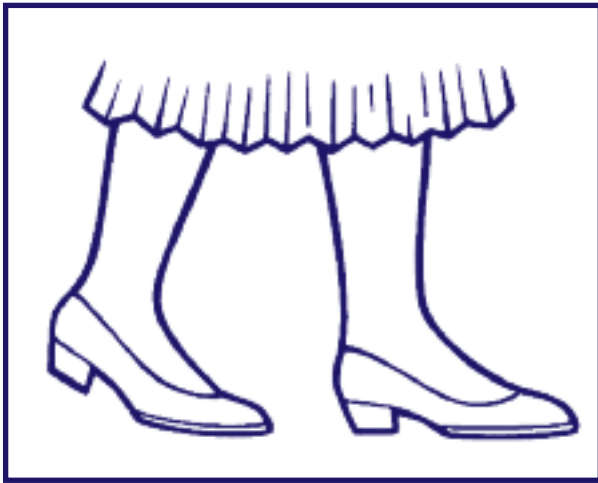


# **BD Getting Started™**

## **Foot Care Dos and Don'ts**



**Wear shoes or  
slippers at all times**

**Don't go barefoot**



# DO:

**Wear shoes or  
slippers at all times**



**Keep skin soft  
Put lotion on top and  
bottom of feet**



**Use only  
lukewarm  
water**



# DON'T:



**Don't go barefoot**



**Don't let feet get dry  
and cracked**



**Don't use hot water**

**Wear comfortable shoes**



**Wear pantyhose or socks**



**Don't wear torn or tight shoes**



**Don't wear tight socks or knee-highs**

# Do:

Look and feel feet daily for open sores, cuts, or color changes



Cut toenails straight across\*



\*Check with your doctor if you have nerve disease

Keep feet dry, especially between toes

Use powder if needed



Have feet checked by your doctor or a foot doctor



# Don't:



Don't use corn medicines or razors



Don't use heating pads, hot water bottles or iodine; they can cause harm

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or visit our website at [www.bd.com/us/diabetes](http://www.bd.com/us/diabetes).