**Do:**

- Look and feel feet daily for open sores, cuts, or color changes
- Cut toenails straight across*
- Keep feet dry, especially between toes
- Use powder if needed
- Have feet checked by your doctor or a foot doctor

*Check with your doctor if you have nerve disease

**Don’t:**

- Don’t use corn medicines or razors
- Don’t use heating pads, hot water bottles or iodine; they can cause harm
- Don’t go barefoot
- Wear shoes or slippers at all times

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**BD Getting Started™**

**Foot Care**

**Dos and Don’ts**

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Call BD at 1.888.BDCARES (232.2737) or visit our website at www.bd.com/us/diabetes.
**DO:**

Wear shoes or slippers at all times

Keep skin soft
Put lotion on top and bottom of feet

Use only lukewarm water

Wear comfortable shoes

Wear pantyhose or socks

**DON'T:**

Don’t go barefoot

Don’t let feet get dry and cracked

Don’t use hot water

Don’t wear torn or tight shoes

Don’t wear tight socks or knee-highs

Concept adapted from Shelley Leaf, RN, CDE, Diabetes Nurse Clinician, Boston City Hospital.
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