

## Basic Foot Care for the Senior Diabetic:

1. Daily self-examination for ulcers, corns, calluses, etc. if you are unable to do it yourself, ask someone to do it for you or use a mirror to see the bottom of your feet.
2. Keep feet clean and dry. Wash with a mild soap. Be sure that the skin between your toes is completely dry. If the skin is excessively dry, apply lotion.
3. Never go barefoot—especially important for foot care for the senior diabetic who has lost the feeling in their feet.
4. Always cut your toenails straight across.
5. Wear comfortable, properly fitting shoes—as much as possible, buy shoes made from leather as it allows your foot to “breathe”.
6. Never attempt to perform amateur surgery on your feet. See a doctor for calluses, corns, planter’s warts, etc.
7. See your doctor for Diabetic senior foot care and concerns like:
  - An open sore/ulcer on your foot
  - Any infection in a cut or blister
  - A red, tender toe or an ingrown toenail
  - Any change in how your foot feels—pain, tingling, numbing, burning, or no feeling at all
  - Any type of puncture wound