



## References

- Pietrangelo A: Diabetes Foot Care. [Internet]. 2016 April 4 [cited 2019 Feb 13] Available from https://www.healthline.com/health/diabetes-foot-care#daily-care
- American College of Foot and Ankle Surgeons®: Diabetes Foot Care Guidelines: Foot Health Facts [Internet]. [Cited 2019 Feb 13] Available from https://www.foothealthfacts.org/conditions/diabetic-foot-care-guidelines

All images on this profile portray models for illustrative purposes only.

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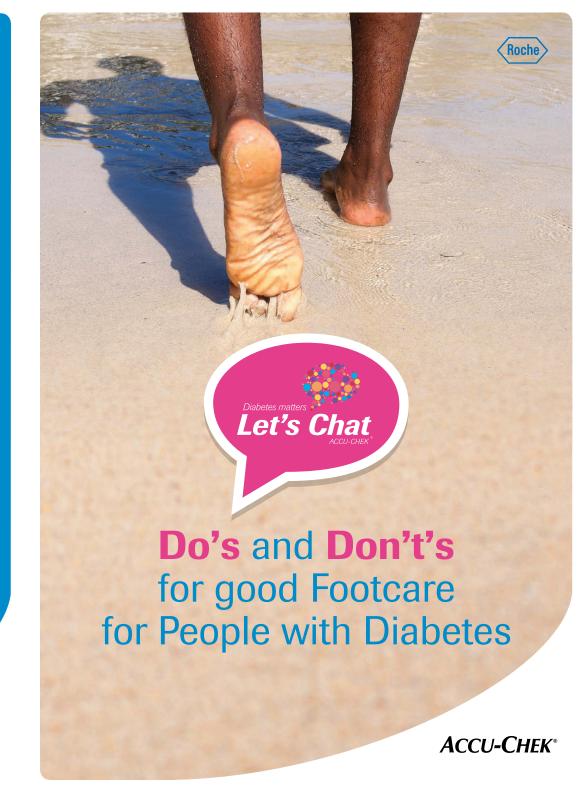
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## Things you must **DO**:...



Wash your feet daily using lukewarm water and mild soap.



**Test the temperature** of the bath water with your hands before getting in. If you are unable to do so, let someone else test it.



**Wear clean cotton or wool socks** or stockings that are dry and changed daily. Wear socks with the seams on the outside.

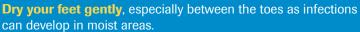


**Cut your toenails straight across** and not too short. If your toenails cannot be cut, file them in a downward direction. If your vision is impaired, or your mobility is limited, ask someone to cut your toenails for you.



**Use moisturising creams** (neutral water-based creams) for dry skin, but not between your toes. **Use a powder** for sweaty or moist skin.

**Inspect your shoes** and feel inside them for hidden objects before putting them on.





**Report every injury,** blister, cut, scratch or sore that develops to a healthcare professional.

Insist on having your feet professionally examined at least once a year by a healthcare professional.

## Things you must **NOT DO**!...



**Never** soak your feet in standing water; always use running water.

**Do not** use heating appliances (heaters, electric blankets, hot water bottles) near your legs or feet.

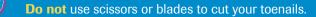


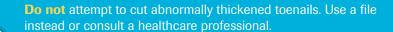
**Do not** cut corns or calluses yourself, or use corn plasters, chemicals or other remedies. These preparations are acidic and often cause ulcers. Consult a healthcare professional, because corns and calluses are an indication that there is a problem.



**Do not** wear clothes or socks that restrict the blood flow to your feet. Never wear garters or socks with tight elastic tops.







Do not use sharp instruments to dig around the toenails.

**Do not** smoke as this limits your blood circulation.



**Do not** walk barefoot when indoors or outdoors. Many foot injuries occur inside the home.