

Do's and Don'ts of Foot Care for Diabetes

80% of cases heading towards diabetic infection are preventable

Do's

- Walk is the best form of exercise for your feet.
- Wear properly fitting and protective footwear.
- Use ice to treat an injury.
- Seek medical attention at the first sign of an injury or infection.



injury or infection

Don'ts



- Go barefoot. This increases the risk of injury and infection.
- Use heat or hot water to treat a foot or ankle injury.
- Wear heeled shoes that exceed two inches for extended periods of time.
- Remove calluses, corns or warts by yourself.

Rating:



Your rating: None

Other Speciality:

General Medicine

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