

TAKING CARE OF YOUR FEET IN **DIABETES**



Sheridan Foot Health

Give foot problems the boot

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- 1** wash your feet daily with luke warm water and soap
 - 2** Dry your feet well, especially between toes
 - 3** Apply moisturising lotion but do not apply between toes
 - 4** Check your feet for blisters, cuts, redness etc. If present, consult your doctor or Sheridan Foot Health
 - 5** Trim your nails straight across and file the edge with a nail file
 - 6** Change socks daily: avoid dirty and tight socks
 - 7** Never walk barefoot either indoors or outdoors
 - 8** Examine your shoes, check for cracks, stones, nails which may irritate your feet
 - 9** Book an appointment to see Diane at Sheridan Foot Health

Diane Sheridan RGN, MCFHP, MAFHP

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