



## Tips for Healthy Feet

If you have a cut or sore on your foot make an appointment with your doctor and/or call the **Bronson Battle Creek Wound Healing Center** at **(269) 245-8560**.

1. Check your feet every day for cuts, sores, red spots, swelling, and infected toenails.
2. Wash your feet every day in warm water. Do not soak your feet. Dry your feet and pay close attention to dry between your toes.
3. Keep the skin soft and smooth by putting lotion or cream on the tops and bottoms of your feet, but do not put it in between your toes.
4. Smooth corns and calluses gently. Do not cut them. Ask a doctor about how to best treat your corns and calluses.
5. If you can see, reach, and feel your feet, trim your toenails regularly using nail clippers. Trim toenails straight across and smooth the corners with an emery board or nail file. If you can't reach your feet, ask your doctor to do this for you.
6. Wear shoes and socks at all times.
7. Protect your feet from hot and cold. Keep your feet away from heaters and open fires. Wear socks at night if your feet get cold. Wear lined boots in the winter to keep feet warm.
8. Keep the blood flowing to your feet. Put your feet up when you are sitting. Wiggle your toes for five minutes, 2-3 times a day.
9. Be more active to help improve the blood flow to your feet.
10. Be sure to ask your health care team to check your feet at every visit, check the sense of feeling and pulses in your feet and show you how to care for your feet.

Tips provided by the National Diabetes Education Program

# Keep your feet healthy.

Socks provided by:

**Bronson Battle Creek**

**Bronson Battle Creek Volunteers**

**Meijer**

