

# Diabetic Foot-Care Checklist

Daily steps that can prevent serious foot complications

## Every day

- Inspect the soles, heels and between toes for cuts, blisters, redness, swelling or discharge.
- Wash gently and dry carefully, especially between toes.
- Use footwear that fits well; check inside shoes before wearing.
- Avoid walking barefoot.
- Do not cut corns/calluses yourself or use corrosive corn-removal products.

**Seek prompt care for a new ulcer, blackening, spreading redness, pus, fever, rapidly increasing swelling or a hot swollen foot - especially if sensation is reduced.**

**Important:** This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.