

Foot Care

1. Good foot care involves daily washing of the feet. To begin, wash your hands for 15 seconds.
2. Gather the following supplies:
 - a. Washbasin, washcloth, and 2 towels
 - b. Bathmat or extra towel
 - c. Soft nail or cuticle brush
 - d. Nail file
 - e. nail clipper (optional)
 - f. Wood orange stick
 - g. body lotion
 - h. Unscented foot powder is an option (Note: never use powder if there is a cut or crack in the skin).
 - i. A pair of clean disposable gloves is an option if the person has any cuts or drainage of the foot.
3. Have the person sit in a bedside chair or a chair next to a bathroom counter. If the person is confined to a bed, help them lay flat with their head raised.
4. Remove their socks or stockings. This is a good time to inspect the feet. Be sure to look over all surfaces of the feet and toes.
 - a. Look for any corns or calluses
 - b. Note any areas of redness, blisters or softness of the heels
 - c. Ask the person if they feel areas of tenderness or soreness in the feet or toes
5. If you see any open cuts or ulcers, this is the time to put on the clean gloves.
6. Fill the washbasin with warm water. **Test the water temperature.** This is important so as not to cause burns to the feet.
7. Place one of the towels or a bathmat on the floor. Place the washbasin on the towel. Then, have the person place the feet in the basin.
8. If the person is in bed, place a waterproof barrier and then a towel on the mattress. Then place the basin on the towel.
9. Let the person's feet soak in the warm water for 10 minutes. This softens corns, calluses or cuticles. **One Caution – never let a person with diabetes soak their feet. Soaking can cause infection.**
10. Take the washcloth and gently scrub any callused areas of the feet. Wash the feet thoroughly, especially between the toes.
11. Use the orangewood stick to clean gently under the nails to remove any debris.
12. Dry each foot thoroughly. Any moisture left on the feet can cause infection.
13. Be sure the person's doctor approves you trimming their nails with a nail clipper. Clip the nails straight across, then shape with a nail file. Usually a person with diabetes does not use clippers.
14. If you only use a nail file, file the nails straight across and square. Do not file the corners of the toenails as this can damage the tissue around the nails. Be sure that when you file, you are not hitting any area of the skin as this can cause an abrasion and possible infection.

15. Use the cuticle brush to clean around the cuticles.
16. Apply lotion to the feet, and massage well. Do not apply excess lotion between the toes.
17. Help the person return to a comfortable position. If the person's feet perspire or sweat, apply the dry unscented foot powder unless the person has a cut or sore.
18. Remove supplies and clean the work area, wash your hands.