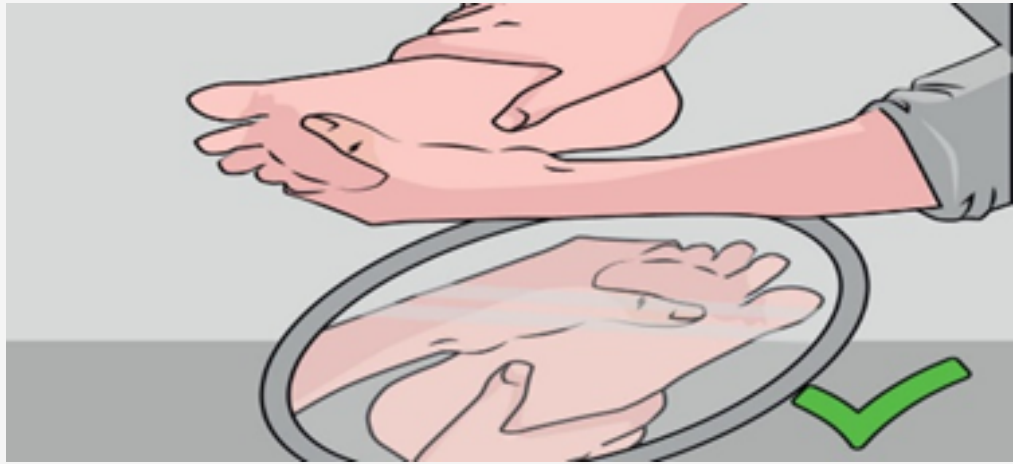




FOOT CARE IN DIABETES



Check the skin of your feet every day for cuts, blisters, redness, swelling, and open sores.



Wash your feet with lukewarm water/medicated water every day. Make sure to pat dry with a soft towel especially between the toes.

Triphala Kashaya can be used for washing



Apply moisturizer on the skin to keep it smooth. Apply any oil/medicated oil in consultation with your doctor preferably before sleeping at night.



Trim your toenails straight across and file sharp edges. This helps in preventing ingrown nails and the occurrence of infection. Keeping toe nails short also protects you from accidentally scratching the sensitive skin on the feet.



Keep your foot warm and dry. The shoes/foot wear that you wear must have wide soles to allow the feet to be set flat without restrictions.



Never walk barefoot. Wear light slippers with good grip at home to prevent injuries to the feet.



In case you detect any abnormality, cover up the area to prevent bruising and consult your doctor. Neglecting foot ulcers can lead to an amputation of your toe, foot, or part of your leg.