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Diabetic Foot Care



Diabetics are susceptible to foot injuries, which are considered one of the chronic complications of diabetes. even minor complications of diabetes may turn into a serious problem.

What are the contributing factors to foot injury?

1. Poor blood circulation.

The feet become cold, blue, swollen, and the wounds heal slowly.



2. Neuropathy.

- Weakening of pains feeling, coldness, and heat.
- Feet lose perspiration.
- Feet become dry.



3. Ulcers

Under the toes.



How to take care of my feet?

Wash your feet

- Wash your feet daily with water and chemical-free soap, dry your feet well using a clean towel, especially between the toes.
- Avoid using very hot or very cold water, check the water temperature before showering.
- Avoid immersing your feet in water unless advised by a doctor.



How to take care of my feet?

Test your feet:

- Check your feet carefully to ensure that there are no scratches, wounds, blisters, or cracks due to dryness or redness of the skin or ingrown toenails into the skin.
- Always check between the toes to ensure that there are no fungal infections and dryness.
- Examine the top and bottom of the feet with the help of a mirror or magnifier.
- Check your sense in pain, heat or cold.



How to take care of my feet skin?

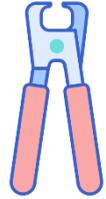
- If your feet are dry, put moisturizing cream up and down the foot, but do not put it between the toes.



- If the foot skin is wet (because of sweating) use baby powder, and do not put a large amount between the toes so that it does not become like a dough



- Avoid getting your feet too wet or too dry.
- Do not trim or remove the toenails using any chemicals.



- Trim your toenails straight across and make sure that the edges do not curve in. Avoid cutting toenails too short



How to care the wounds and scrapes?

- Use hot water and soap to clean the wound and use non-concentrated antiseptics to sterilize wounds



- Cover the affected part with sterile gauze, and do not use adhesive tape on the skin.



- Do not walk on the affected foot
- Go to the doctor immediately If you notice swelling in your injured foot or pus coming out of the wound.



How to improve your blood circulation performance?

- Avoid smoking because it causes arteriosclerosis, poor blood circulation in the feet, and failure of quick heal wounds.



- Follow daily sport exercises to improve blood circulation in the feet



- Avoid sitting with your legs crossed



What are the best shoes descriptions?

- Choose comfortable shoes with enough space for your toes. It is better to be made of leather.



- Avoid open-toed shoes (slippers, sandals), particularly the ones of a belt separating the toes and high-heel or narrow shoes



- Check your shoes daily to ensure safety.



What are footwear descriptions?

- Do not wear shoes without cotton socks, avoid wearing socks made of nylon, rubber, or tight socks, and replace socks daily.



- Avoid walking barefoot and always wear shoes and socks.



Attention:

Take all precautions to prevent foot injuries, and if you encounter a problem in your feet, you should inform your doctor as soon as you detect it.

Sources and References:

American Diabetes Association, ADA

Review and Audit:

The content of this booklet is reviewed by
Diabetes Unit Consultants at King Fahd University
Hospital.

Health Awareness Unit

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