

## Taking Care of Your Feet

### Check Your Feet Every Day

- Look for cuts, bruises, or swelling.
- See your healthcare provider right away if there are any changes or if you hurt your feet.

### Wash Your Feet Every Day

- Use warm water and a mild soap. Avoid soaking since it can dry out the skin and lead to cracks.
- Dry them carefully, especially between the toes.

### Keep Your Skin Soft and Smooth

- Rub a thin coat of skin lotion (lotion, cream, or petroleum jelly) over the tops and bottoms of your feet, but not between your toes.

### If You Can See and Reach Your Toenails, Trim Them When Needed

- Trim (and file) your toenails straight across.
- Ask for help trimming your toenails if you have trouble reaching them or cannot see well enough to do it safely.

**If you have corns or calluses, ask your health care provider to trim them for you.**

**Wear comfortable shoes and socks that fit well and protect your feet.**

**Check the inside of your shoes each time you put them on to be sure the lining is smooth. Shake them out to remove any loose objects.**

