

Paediatric Diabetes

Paediatric Diabetes - Foot care

People who have diabetes are more vulnerable to infections, especially if their diabetes is not well controlled.

It is advisable to check your feet every day for signs of infection or trauma.

Bad circulation is a complication of diabetes in later years if the diabetes has not been well controlled. Feeling may be lost in the feet leading to infection and possible injury which is not noticed. Getting into good routines now, will limit complications later.

By following this simple guide, looking after your feet will be easy:

- Use only a mild soap on your feet. No talc, deodorant, hard brushes, or files.
- Make sure the water you wash your feet in, is not too hot.
- Dry your feet well, especially between your toes where wet skin may split.
- Cut your nails with nail clippers, never bite or pick them. Follow the shape of your toe and do not cut too short.
- Moisturise any dry skin on your feet with a gentle body or foot lotion, but not between the toes.
- Never walk barefoot in case you injure your feet.
- Wear comfortable, well fitted shoes.
- Allow your feet to breathe by wearing leather shoes and natural fibre



Patient Information

socks.

- Have any infections or injury treated immediately by your GP or Podiatrist.

Your Paediatric Diabetes Specialist Nurse or consultant will check your feet every year at your annual review.

Please contact your diabetes nurse on 024 7696 7230 if you feel that you need help or advice.

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the Department on 024 7696 7230.

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