



JUPITER CARE CLINIC

Neuro-Diabetes Care
Compassion | Commitment | Cognizance

Diabetic Foot Care Checklist

Nerve damage from diabetes can cause painless, unnoticed injuries to your feet. Minor wounds can become serious ulcers. **Daily foot care can prevent infection, gangrene, and amputation.**

Why Foot Care is Critical in Diabetes

- Nerve damage (neuropathy) can make injuries painless — you may not notice them.
- Poor circulation slows healing — even small wounds can become serious.
- High blood sugar makes infections harder to fight.
- Early care and daily inspection can prevent complications that may otherwise lead to amputation.

■ Daily Foot Care Checklist

✓	Care Step	Instructions
■	Inspect both feet daily	Look for cuts, sores, blisters, redness, swelling, or colour changes.
■	Wash feet daily	Use lukewarm water and mild soap. Check water temperature with your elbow, not your feet.
■	Dry feet thoroughly	Especially between toes — moisture leads to fungal infections.
■	Moisturize feet	Apply lotion to heels and soles to prevent dry, cracked skin. Do NOT apply between toes.
■	Trim toenails carefully	Cut straight across. Do not cut corners — this can cause ingrown nails.
■	Wear comfortable, well-fitting shoes	No tight shoes, no pointed toes, no high heels.
■	Wear clean, dry socks	Preferably cotton socks with no tight elastic. Change daily.
■	Never walk barefoot	Not even indoors — always wear footwear to protect from injuries.
■	Check inside shoes before wearing	Look and feel for pebbles, rough seams, or anything that could cause a sore.
■	Keep blood sugar in target range	Good glucose control supports nerve health and wound healing.

■ See a Doctor IMMEDIATELY if You Notice:

- A wound that does not heal within 2–3 days
- Swelling, redness, or warmth in any part of the foot
- Pus discharge or bad smell from a wound
- New numbness, burning, or tingling
- Sudden pain in the feet
- Change in foot shape or color
- Pain in legs that forces you to stop and rest while walking (claudication)

Prevention Summary

Prevention Step	Action
Manage Blood Sugar	Maintain HbA1c as advised by your doctor.
Regular Self-Monitoring	Check fasting and post-meal glucose regularly.
Regular Doctor Foot Exams	Professional foot examination every visit.
Quit Smoking	Smoking reduces blood flow to the feet significantly.

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