

Foot Care Essentials for T2D



Why foot care matters

People with type 2 diabetes are at higher risk for foot problems due to nerve damage (neuropathy) or reduced blood flow. Small cuts, blisters, or infections can become serious if not detected early. Daily care helps prevent complications and maintain mobility.

Daily foot care habits

Check your feet every day to catch problems early:

- Inspect soles, toes, heels, and between toes for cuts, blisters, redness, swelling, or changes in skin or nails
- Wash feet daily with lukewarm water and mild soap; dry thoroughly, especially between toes
- Moisturize tops and bottoms of feet, but avoid between toes to prevent fungal growth
- Trim toenails straight across and file edges carefully
- Wear well-fitting socks and shoes; avoid walking barefoot
- Change socks daily and choose moisture-wicking materials

What to look for during foot check

- Redness, warmth, or swelling
- Cuts, sores, or blisters that do not heal
- Calluses, corns, or thickened nails
- Signs of infection (pus, odor, increased pain)
- Color changes in toes (blue, white, or red)

When to seek professional help

Contact your healthcare team immediately if you notice:

- Open wounds, persistent sores, or infections
- Signs of gangrene (black or gray skin)
- Tingling, numbness, or burning that worsens
- Painful corns, ingrown toenails, or fungal infections
- Swelling or redness spreading up the foot or leg

What is the goal?

Daily foot care and early attention to problems reduce the risk of infections, ulcers, and amputations, keeping your feet healthy and mobile for years to come.

Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist