



👣 Foot Health Matters: A Practical Checklist for Every Step 👣

Your feet carry you through life—so it's important to care for them with the same attention you give the rest of your health. Whether you're active, aging, or living with a health condition like diabetes, your feet need daily care. Healthy feet can help prevent pain, injuries, and complications. This easy-to-follow checklist offers simple, everyday foot care tips to help you stay mobile, safe, and comfortable.



Wash your feet daily

Use warm (not hot) water and mild soap to clean your feet. Avoid soaking your feet for long periods.



Change your socks daily

Choose clean, dry socks made of breathable fabric like cotton or moisture-wicking material.



Dry your feet thoroughly

Make sure to dry between your toes—moisture in these areas can lead to infection and breakdown.



Don't walk barefoot

Even indoors. Protect your feet from injuries and infections by always wearing shoes or slippers.



Moisturize—but skip between your toes

Apply lotion to keep skin soft and prevent cracks, but avoid the spaces between your toes because this can lead to skin breakdown.



Wear comfortable, supportive shoes

Avoid shoes that are too tight, too loose, or high heels—especially for long periods. Quality shoes help prevent pain and injuries.



Trim your toenails straight across

Cut nails carefully and straight across to help avoid ingrown nails. File sharp edges and avoid cutting the nails too short.



Keep your feet warm and dry

Cold, damp feet are uncomfortable and at risk of infection. Choose weather-appropriate, well-fitting footwear.



Check your feet every day

Look for redness, cuts, bruises, swelling, blisters, or changes in nail color or thickness.



Stretch and wiggle your feet and toes

Simple movements boost circulation and keep joints flexible.



Foot Care for Persons Living with Diabetes

Living with diabetes means taking a little extra care of your feet each day. High blood sugar can affect circulation and nerve function, which makes it harder to feel injuries, and harder for your body to heal them. The good news? Daily foot care and regular nursing support can prevent serious problems before they start. Use this page as your go-to guide to protect your feet and stay healthy from the ground up.. And if you need a little extra support, our nursing foot care team is here to help—at our clinic or even right in the comfort of your own home!



Don't ignore new symptoms

Report tingling, numbness, burning, or any new pain right away.



Avoid using sharp tools or removing calluses yourself

Even small cuts can lead to serious problems. Always get help from a foot care nurse.



If your feet feel cold, wear socks or slippers—don't use heating pads or hot water bottles.



Book a diabetic foot check every month

When you book with us, our certified nurses complete a full foot health assessment with each visit.

Never apply heat directly to your feet.

Bonus Tips for Everyone

- Enjoy a brisk walk every day to keep your blood flowing and your feet strong.
- Drink plenty of water to support healthy skin.
- Pack an extra pair of socks when going out for the day.
- Clean your foot care tools (like nail clippers and files) after each use.



Need help with foot care? Let our nursing team at Remember When HealthCare take care of your feet—so you can stay comfortable, confident, and safe. We specialize in: in-home foot care services, mobile foot care clinics, Bedford Foot Clinic, toenail trimming, diabetic foot care, callus and corn reduction, thickened toe nails and fungal nail infections.