



ROSEWELL CLINICS

PODIATRY

Here are a few simple recommendations that can help prevent diabetic lower limb complications:

Examine your feet daily for cuts, abrasions or changes in colour. If you notice anything that may be of concern, promptly contact your Podiatrist.
(Foot Hack: if you have difficulties lifting your legs to see your feet, use a mirror to help!)

Wash and dry feet thoroughly — don't forget between your toes!

Instead of attempts at "Do It Yourself" or commercial grade corn and callus remedies, come and see us, and have feet expertly treated by a skilled Podiatrist.

Keep toe nails trimmed by following the nail's natural curve, cutting straight across (not down the sides of nails) and gently filing the edges (If you are unsure about proper cutting technique, book an appointment with our Podiatrist).

Shop for footwear that fits the shape and width of your feet, reducing the risk of developing a range of foot conditions.

Our Podiatrists recommend buying diabetic friendly cotton socks with no elastic tops.

Make regular appointments with your Podiatrist for treatment and regular diabetic foot assessments.

Seeing your Podiatrist plays a significant role in the prevention of diabetic foot complications and is proven to reduce the probability of diabetic amputation.

Further Resources:

<https://diabetesnsw.com.au>

<https://www.webmd.com/diabetes/caring-feet>

<https://www.gethealthynsw.com.au>

<https://www.theathletesfoot.com.au>