

Caring for your feet

Did you know your feet can provide clues to your overall health? Proper foot care can help prevent conditions that cause damage to your lower legs and feet.

Once a year, your nurse will complete a foot check during your dialysis treatment. If you have diabetes, you will have a monthly foot check. These checks help detect and treat problems early and can prevent minor injuries from turning into more serious problems.

Steps to healthy feet

At home



- /// Inspect your feet for cracks, calluses, corns, blisters and ingrown toenails.
- /// Use a mirror to help you see or ask someone for help.
- /// Moisturize lightly with unscented, alcohol-free lotion.
- /// Keep your feet dry and do not soak.
- /// Keep the area between your toes clean and dry.
- /// Talk to your care team about any pain, burning, tingling or numbness.

On-the-go



- /// Wear supportive shoes that fit well.
- /// Keep socks from wrinkling.
- /// Check shoes for any irritating objects.
- /// Avoid hot surfaces and do not walk barefoot.
- /// Stay active to keep blood flowing.



TAKE CARE OF YOUR FEET

Checking your feet regularly is the best way to prevent serious problems. Talk to your care team if you have any issues.