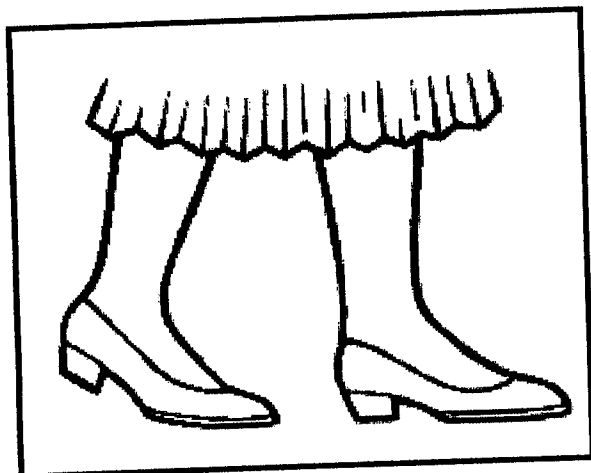


BD Getting Started™

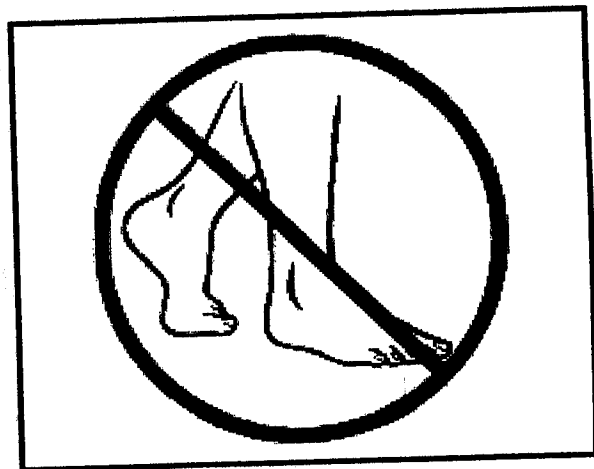
Foot Care

Dos and Don'ts



**Wear shoes or
slippers at all times**

Don't go barefoot



DO:

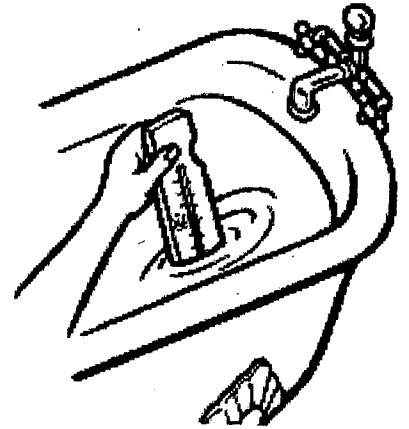
Wear shoes or slippers at all times



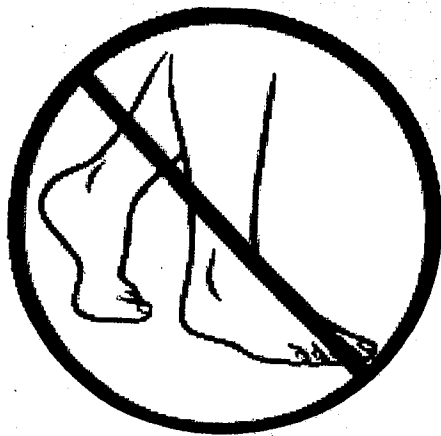
Keep skin soft
Put lotion on top and bottom of feet



Use only lukewarm water



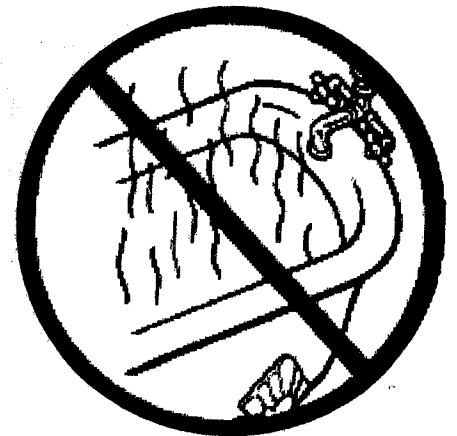
DON'T:



Don't go barefoot



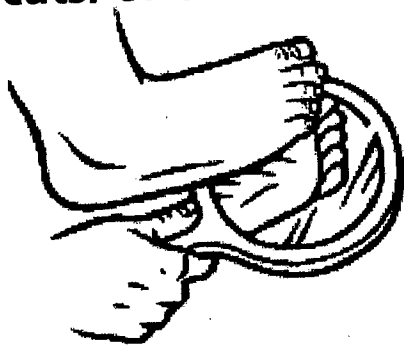
Don't let feet get dry and cracked



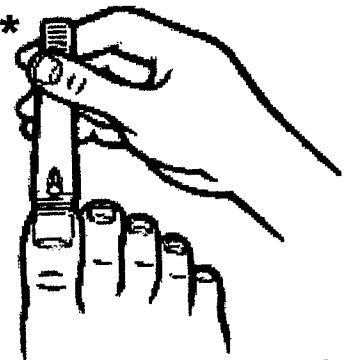
Don't use hot water

Do:

Look and feel feet daily for open sores, cuts, or color changes



Cut toenails straight across*

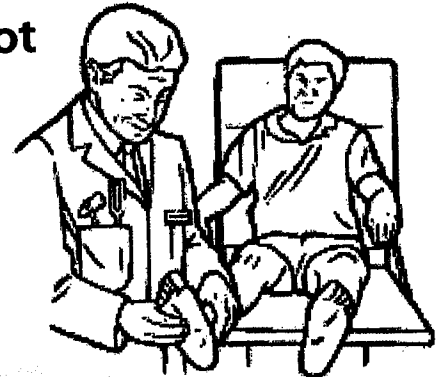


*Check with your doctor if you have nerve disease

Keep feet dry, especially between toes
Use powder if needed



Have feet checked by your doctor or a foot doctor



Don't:



Don't use corn medicines or razors



Don't use heating pads, hot water bottles or iodine; they can cause harm

BD
1 Becton Drive
Franklin Lakes, NJ 07417

Call BD at 1.888.BDCARES (232.2737)
or visit our website at www.bd.com/us/diabetes.

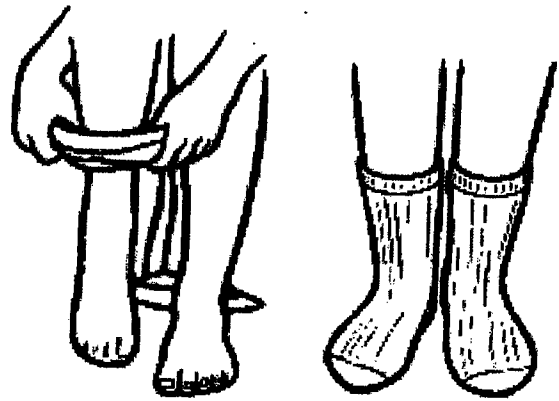
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Wear comfortable shoes



Wear pantyhose or socks



Don't wear torn or tight shoes



Don't wear tight socks or knee-highs