
PREPARED BY AOR MEDICAL SOLUTIONS OF PUERTO RICO

Daily Foot Care for People Living With Diabetes

People living with diabetes, families and caregivers

Estimated reading: 6 minutes

Last review: September 2026

Clinical review: pending · Created: September 2026

Status: Educational information



This general educational guide describes daily observation habits and when to seek professional guidance. It contains no personalized treatment instructions: your treating team defines what applies in your case.

Daily check

- ☐ Look at both feet every day, including between the toes and the heel.
- ☐ Use a mirror or ask for help if you cannot see an area well.
- ☐ Identify changes in skin, nails, temperature or color.
- ☐ Note any area with pain, blister, crack or redness.

Daily habits

- Keep the skin clean and dry.
- Dry carefully between the toes after bathing.

- Avoid walking barefoot, indoors and outdoors.
- Check the inside of your shoes before putting them on.
- Wear clean socks without tight seams.
- Do not cut calluses or use chemical products without professional guidance.

Talk with your treating team about

- The right footwear for you.
- Nail care.
- Any loss of sensation or tingling.
- Changes in how you walk or bear weight.
- The recommended frequency of check-ups.

Record of changes

Date and what you observed:

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Date and who you notified:

Ask for help

Ask for professional guidance when something is new, worries you or gets worse. Do not wait for the change to become large.

This educational resource is under continuous review. Always follow the instructions of your health professional.

This material is provided solely for educational and informational purposes. It does not constitute diagnosis, treatment or medical advice and does not replace evaluation by a licensed healthcare professional. The physician and treating team remain responsible for clinical decisions. AOR Medical Solutions of Puerto Rico supports education, coordination, technology and continuity of care.

Do not submit photographs, medical records or sensitive medical information through this website. If you are experiencing a medical emergency, call 911.

Technology with purpose. Coordination with responsibility. Care with humanity.

Web version of this guide:

<https://aormedicalpr.com/educacion/guias/cuidado-de-pies-diabetes>