

# Step-by-Step: Inspecting Your Feet (Diabetes)

Inspecting Your Feet . Wash your feet in warm, not hot, water. Dry them well, especially between the toes.

To start, look at the tops of your feet for cuts, cracks, sores, or swelling.

Next, look for these issues between your toes, then check around your nails, then check the sides of your feet.

Using a mirror, check the bottoms of your feet. Track the condition of your feet in a foot care log.

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