

# NATIONAL HEALTHCARE GROUP POLYCLINICS

## **ANG MO KIO POLYCLINIC**

Blk 723 Ang Mo Kio Ave 8 #01-4136  
Singapore 560723

## **BUKIT BATOK POLYCLINIC**

50 Bukit Batok West Avenue 3  
Singapore 659164

## **CHOA CHU KANG POLYCLINIC**

2 Teck Whye Crescent #01-00  
Singapore 688846

## **CLEMENTI POLYCLINIC**

Blk 451 Clementi Ave 3 #02-307  
Singapore 120451

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89 Hougang Avenue 4  
Singapore 538829

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Singapore 609788

## **TOA PAYOH POLYCLINIC**

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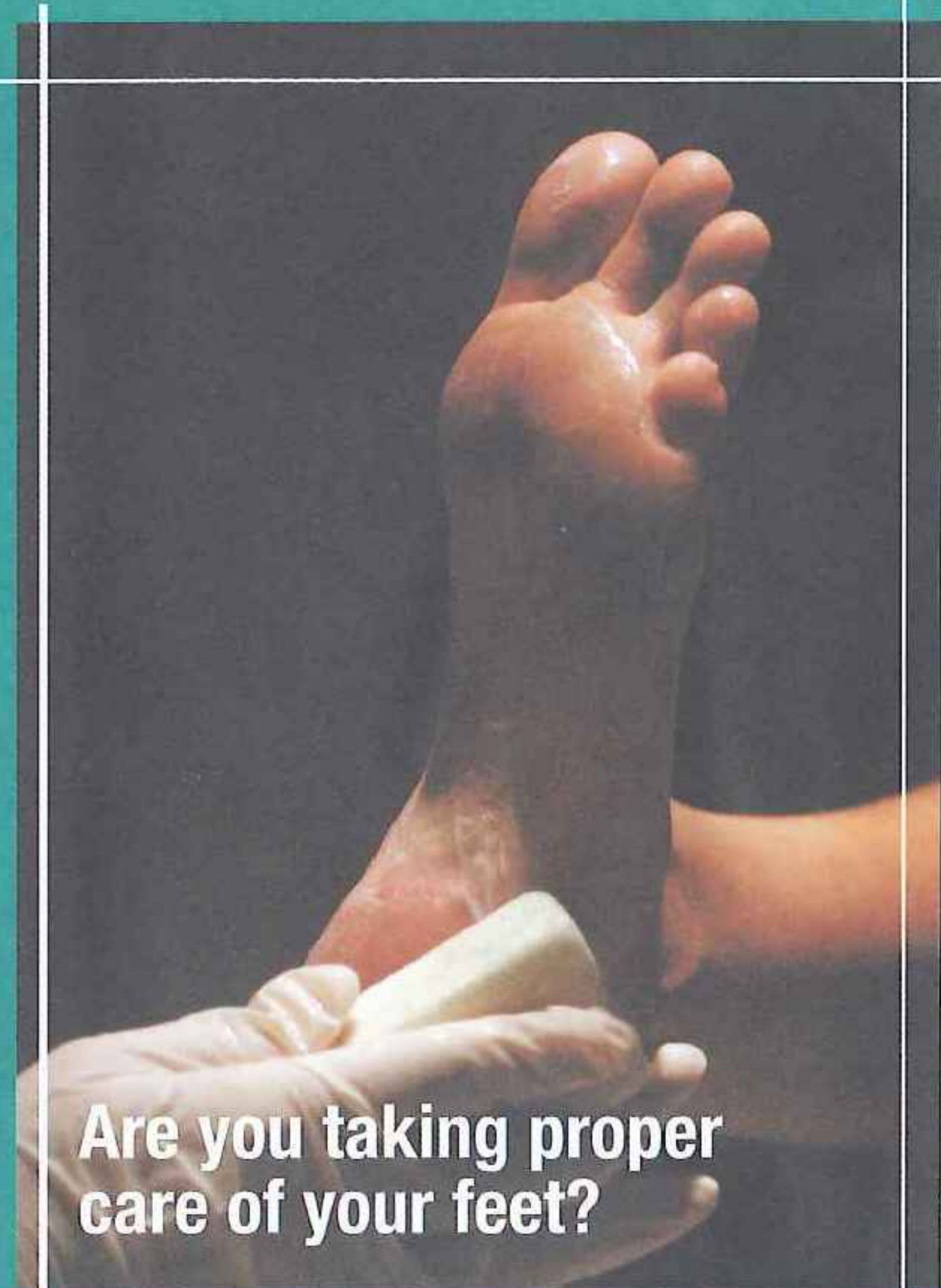
100 Yishun Central  
Singapore 768826

Call Centre: 6355 3000  
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Adding years of healthy life

## NHG Polyclinics FAMILY



Are you taking proper  
care of your feet?

## DIABETIC FOOT GUIDE



National Healthcare Group  
POLYCLINICS

# Footcare is essential to every diabetic.

## Learn to take care of your feet, the best person to help you prevent diabetic complications is yourself.

Diabetes can lead to the loss of sensation and poor blood circulation to the feet. Thus, wounds take longer to heal, and the risks of infection and gangrene increases. Follow these tips for healthier feet!

### Foot Hygiene

- Wash your feet daily with lukewarm water and soap, including in between the toes.
- Never soak your feet in water for more than 5 minutes.
- Dry your feet thoroughly with a clean towel after washing, especially in between the toes.

### Daily Foot Checks

- Check your feet daily for cuts, abrasions and blisters. Remember to look between the toes. If you're not able to do this, use a mirror to assist you, or seek the help of family and friends.
- Any open wound should be cleansed with saline and covered with a sterile dressing. A simple antiseptic cream such as Savlon may be used.
- If the wound becomes inflamed (red, hot or swollen) and painful, see a doctor or podiatrist immediately.
- Do not burst any blisters. Protect them with a sterile gauze. If the blister bursts, treat it like an open wound.

### Nail Care

- Trim your toenails straight across and not too short.
- Never cut into the corners of your nail.



### Skin Care

- Apply moisturizing cream to your whole foot everyday, except in between the toes.
- Do not attempt to remove hard skin and corns on your own as you may cut yourself, causing an infection.
- Do not use corn remover plasters as they contain an acid which can burn your healthy skin.
- Visit a Podiatrist who will be able to remove your corns safely.

### Footwear

- Buy shoes in the afternoon as your foot swells during the course of the day.
- Choose shoes with a broad toebox so that your toes can move freely in the shoe, and are not squashed together.
- Try to choose shoes with a closed front and with laces or velcro straps.
- Before putting on your shoes, check the inside of your shoes for rough surfaces or foreign objects.
- Avoid walking barefoot at all times - even at home.

### Change Socks Daily

- Do not choose socks that are too tight.
- Choose socks made of natural fibres such as cotton. These absorb sweat better.

### Other Important Advice

- Keep good control of your glucose levels. A constantly high blood sugar level, or fluctuating sugar levels, increases the risk of diabetic complications.
- Control your cholesterol level.
- Control your blood pressure.
- Avoid smoking and drinking alcohol.
- Make exercise a part of your daily routine.
- Visit a Foot Screening Clinic once a year.