



GASHER | NeuroBridge
Your Bridge to Safe Recovery at Home



Monitoring

Diabetic Foot

Prevention • Early Detection • Proper Care

Daily foot care helps prevent complications,
detect problems early and maintain your mobility and quality of life.



🌿 Daily Foot Care 🌿

1 Daily Inspection



- Check your feet daily.
- Look at the top, bottom, between the toes, and heels.
- Use a mirror or ask for help if needed.

2 Wash and Dry



- Wash your feet daily with lukewarm water and mild soap.
- Dry gently, especially between the toes.
- Do not soak your feet.

3 Proper Footwear



- Wear comfortable, well-fitting shoes that protect your feet.
- Avoid high heels, narrow or tight shoes.
- Check inside your shoes before wearing them.

4 Appropriate Socks



- Wear clean, dry, seamless socks.
- Prefer cotton or moisture-wicking socks.
- Change socks daily.

5 Avoid Going Barefoot



- Never walk barefoot at home or outside.
- Protect your feet from injury, burns or cuts.

6 Nail Care



- Cut nails straight across.
- Do not cut the corners or too short.
- If nails are hard to cut, ask for help.

7 Blood Sugar Control



- Keep your blood sugar levels within target range.
- Good blood sugar control helps prevent foot problems and slow their progression.

8 Regular Medical Follow-up



- Have your feet examined regularly by your healthcare team.
- Report any changes or concerns.

Warning Signs – Seek Medical Attention Immediately



Redness, swelling
or warmth



Cuts, sores
or ulcers



Numbness, tingling
or loss of feeling



Change in skin color
(pale, red or dark)



Any discharge
or bleeding



Pain that does not
improve



Don't wait – early treatment can prevent serious complications and amputation.

Additional Tips



Ask a family
member for help
if needed.



Keep your feet
clean, moisturized
and protected.



Choose safe
footwear suitable
for your activity.



Elevate your feet
when sitting to
improve circulation.



Eat a healthy diet
and maintain a
healthy weight.



Avoid smoking –
it reduces blood flow
to your feet.



Your care today
protects your steps tomorrow



Neurological Rehabilitation Department – Dorot
Dorot Geriatric Medical Center
Your partner on the path to recovery



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