

Keeping your feet healthy with chronic kidney disease

If you have chronic kidney disease (CKD) or diabetes, it's important to care for your feet every day. These conditions can cause poor blood flow and nerve damage, making it harder to feel injuries or notice infections.

Checking your feet

Daily foot care and regular checks can help you catch problems early—and prevent serious complications. Your health care provider will complete periodic foot checks, but there are steps you can take at home, too. Look at your feet every day and let your care team know if you notice cuts, swelling, numbness, or anything unusual.



We're here to help

Your care team can help answer your questions about keeping your feet healthy. Reach out for any support you need.

Tips to keep your feet healthy

Use these helpful tips to keep your feet feeling their best, and don't forget to ask for help if you need it.

- Inspect your feet for cracks, calluses, corns, blisters, and ingrown toenails.
- Trim or file nails straight across. Use a nail file to smooth out sharp edges.
- Use a mirror to help you see or ask someone for help.
- Moisturize lightly with unscented, alcohol-free lotion.
- Keep your feet dry and do not soak.
- Keep the area between your toes clean and dry.
- Talk to your care team about any pain, burning, tingling, or numbness.
- Wear supportive shoes that fit well.
- Wear clean, well-fitting socks.
- Check shoes for any irritating objects.
- Do not walk barefoot.
- Avoid hot surfaces.
- Stay active to keep blood flowing.