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Diabetic Foot Care for Breaking in New Shoes

If you are Diabetic, you need to take extra care when breaking in new shoes.

SHOES-n-FEET® recommends carefully following these guidelines:

1. Break Your Shoes in Slowly

Wear your new shoes inside for the first week and follow this schedule:

Day One: 1/2 to 1 hour (set a timer on Day One)

Day Two: 1 to 2 hours

Day Three: 2 to 3 hours

Day Four: 3 to 4 hours

Day Five: 4 to 5 hours

Day Six: 5 to 6 hours

Day Seven: 6 to 7 hours

Beginning on day 8, please wear your shoes continuously.

During the break-in period, if you are having difficulty wearing your new shoes, please bring them back to SHOES-n-FEET®.

A Shoe Fit Specialist will check the fit and determine if spot stretching or other modifications are necessary.

(Please note: shoes are not returnable once they have been worn outside and are no longer in new condition.)

2. Check Your Feet

Remove your shoes and socks after wearing your shoes each day during the break-in period.

Note the following areas:

- Areas of redness
- Blisters
- Areas of increased temperature (slowly feel across top, sides and bottom of your foot with your hand)
- Sores or lesions

If you are unable to see the bottom of your feet, use a long-handled or floor mirror or have someone check them for you.

If you detect any of the above problems, please contact your doctor immediately!