



What if I get a foot ulcer?

If you suspect an ulcer, see a podiatrist, nurse or doctor immediately. Treatment aims to dress and protect the ulcer, to prevent or treat any infection and also to help your skin to heal.

- Your ulcer will be examined, cleaned and dressed regularly. It may be photographed or swabbed.
- Any hard or dead skin that prevents the ulcer from healing will be removed.
- You should rest as much as possible with a foot ulcer and may be given padding, special shoes or have a cast made in order to relieve pressure to help the ulcer to heal.
- If the ulcer or surrounding tissue is infected, antibiotics will be given.
- If the infection becomes more severe, wound debridement or x-rays may be necessary.
- If circulation is very poor, investigation and treatment may be required to unblock narrowed blood vessels.
- Many foot ulcers heal with the above treatment, but can take a long time and many clinic visits before they do so.

Useful Numbers

Ivy Grove Surgery	01773 514130
Ripley Hospital	01773 743456
Podiatry Department Amber Valley	01773 820093
Diabetic Appointment Queries Royal Derby Hospital	01332 787292
Retinopathy Service	01332 254977
Accident and Emergency Royal Derby Hospital	01332 783111
Diabetes UK Midlands www.diabetes.org.uk	01922 614500

Other Sources of Information

Patient.co.uk - Diabetes, Foot Care and Foot Ulcers
bit.ly/TFOPMr

National Diabetes Education Program (US) - Take Care of Your Feet for a Lifetime 1.usa.gov/P8iBSE

Diabetes.org.uk
10 Steps Towards Healthy Feet bit.ly/SnNxyw
Putting feet first - Looking after your feet if you have diabetes bit.ly/SSDoub

Diabetesatwork.org (US) - Diabetic Foot and Skin Care
bit.ly/QWNgnP

Leicestershirediabetes.org.uk - Foot care leaflets
bit.ly/TGxzXm

Derbyshire Community Health Services - Podiatry leaflets bit.ly/2cBKFVA

The Society of Chiropodists and Podiatrists
A guide to maintaining healthy feet for people with diabetes bit.ly/ZSOWnt

This leaflet has been written by Dr M. Wong
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DIABETES FOOT CARE AT IVY GROVE

An Information Leaflet



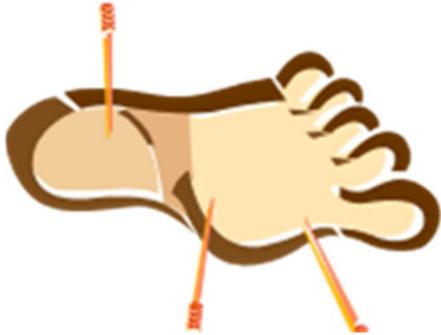
..... (name)
Your foot risk Low / Moderate / High /
Active Problem (delete as applicable)

YOUR NEXT APPOINTMENT(S)

- Diabetic clinic**
- Podiatrist**
- Retinopathy screen**
- Dietician**

Why is foot care important?

Diabetes can affect the sensation in your feet and also impair the circulation to the feet. Diabetes also increases the risk of infections. Skin can therefore be more easily damaged and damaged skin with poor blood supply takes longer to heal. This increases the risk of developing an ulcer - an area of broken down skin. Infection can set in, and more serious problems can develop. Here we give you some top tips for foot care to help prevent problems in the future.



Top 10 Foot Care Tips

- 1. Look after your diabetes**
In general, good control of diabetes reduces the risk of developing complications. Reducing blood pressure and lowering cholesterol also lowers the risk of future problems.
- 2. Check your feet daily**
Check your feet every day, including the bottom of your feet, for blisters, breaks in the skin, pain or signs of infection (discharge, redness, increased warmth or swelling). Use a mirror or ask a carer to help if you cannot reach or see well.
- 3. Wash your feet daily**
Wash every day with warm water and mild soap. Rinse and dry thoroughly, especially between the toes. Never soak your feet. Test water temperature with your elbow and not your feet as the sensation may be impaired.

LOOKING AFTER YOUR FEET

4. Look after the skin

Moisturise your feet if the skin is dry, but avoid putting cream on broken skin and between the toes.

5. Look after the nails

If your feet are low risk for problems, trim toenails regularly straight across and file with an emery board to reduce sharp edges affecting other toes. Cut them after a bath or shower when nails are softer. Never cut down the edge of a nail as this increases the risk of an ingrowing nail. If your feet are at high risk or you cannot see properly to cut your own nails, see a podiatrist.



6. Always wear shoes and socks

Never walk around barefoot as you could damage your feet without knowing. Get your feet measured properly and wear comfortable well-fitting shoes with laces. Avoid socks, stockings and tights that have bulky seams and avoid any elasticated tops that could affect circulation. Always check the inside of your shoes first to make sure no objects have fallen in them and to check there are no sharp edges. Check the bottom of your shoes to make sure nothing sharp has pierced the bottom. Avoid high heels or shoes with pointed toes.

7. Avoid sudden temperature change

Never sit in front of a fire to warm your feet, and never place your feet directly on hot water bottles, heating pads or radiators. Keep feet warm by wearing socks. Use sunscreen on the tops of your feet to avoid sunburn.

8. Be more active and keep fit

Don't smoke - it restricts your circulation and increases the risk of serious problems. Keep active, exercise your feet and ankles and whenever sitting, put your feet up.

9. Seek advice immediately if you get problems

If you discover breaks in the skin, minor cuts, sores or blisters, cover with a dressing and see your podiatrist, practice nurse or GP immediately. If these people are not available and there is no sign of healing after one day, go to the local A+E department. Do not attempt to remove hard skin or corns yourself. Do not burst intact blisters.

10. Attend your clinic appointments

Attend your podiatric and diabetic clinic appointments regularly so that you are informed and advised about your feet, so that your feet are monitored and checked for any new changes or damage and so that any specialist footwear can be ordered if necessary.

