

If you discover any problems with your feet, contact your local Podiatry Department or GP for advice.

### Individual advice

### Contact details

Podiatry Department:

GP Clinic:

# Your foot wound has healed – what now?

Diabetes – information and advice to help protect your life and limbs



## Your foot wound has healed – what now?

You have been attending the podiatry department for treatment of a foot wound / ulcer which has now healed. It is, therefore very important to take extra care of your feet. You may need to continue having treatment by a podiatrist.

The information in this leaflet is designed to advise you on taking care of your feet between visits to your podiatrist. Hopefully it may help reduce the risk of foot problems in the future.

## Advice on keeping your feet healthy

### Footwear

Poorly fitting footwear can cause trauma and result in injury to the foot. It is important that you wear correctly fitting shoes to provide comfort and support to the feet. Shoes which are too tight or too large can put the feet at risk from damage. Also check the inside surface of the shoes to make sure there are no areas of rough stitching along seams or small objects such as stones which have fallen into the shoe. Socks or tights should not be too tight and should be changed every day.

### Prescription shoes

If you have been supplied with shoes they will have been made specially for your feet only. You should follow the advice your podiatrist or orthotist (the person who measures the shoes) has given you. These should be the only shoes you wear and if they are fitted with insoles it is important they remain in the shoes unless you are advised to remove them.

### Avoid walking barefoot

Walking barefoot can increase the risk of foot injury by stubbing your toes or standing on sharp objects which can pierce the skin.

### Moisturise the feet

If your skin is dry use a moisturising cream every day, avoid areas of broken skin and the areas between the toes.

### Hard skin and corns

Do not attempt to remove hard skin or corns yourself and never use over the counter corn remedies as they can damage the skin.

### Check your feet every day

You should check your feet every day for any breaks in the skin, blisters, pain or signs of infection such as swelling, heat or redness. Ask someone to help if you are unable to do

this for yourself. If you discover any breaks in the skin, minor cuts or blisters cover them with a sterile dressing. Do not burst blisters. Contact your Podiatry Department or GP immediately.

### Danger signs

When checking your feet it is important to look out for any danger signs such as:

- Cuts or breaks in the skin over the area where the foot wound had been
- Pain or throbbing in the foot or leg
- Does your foot feel hotter than usual?
- Are there any new areas of redness, swelling or inflammation?
- Is there any discharge from your foot?

Smoking can affect your circulation to your feet and if you smoke you are strongly advised to stop – [www.want2stop.info](http://www.want2stop.info)

Your podiatrist will draw up a treatment plan to meet your needs and it is important to follow the advice you are given and to attend any podiatry appointments.