

IF YOU DISCOVER ANY FURTHER PROBLEMS OR ARE CONCERNED WITH ANY ASPECT WITH THE TREATMENT OF YOUR FOOT ULCER CONTACT YOUR LOCAL PODIATRY DEPARTMENT OR GP FOR ADVICE IMMEDIATELY.

Footwear

You may be asked to wear a cast, pressure relieving device or special shoe until your ulcer has healed. You should wear only this footwear and not revert to your own at any time until you are advised to by your Podiatrist.

Podiatry appointments

Always attend your appointments for examination, treatment and re-dressing of the ulcer. This may be required on a regular basis until the wound has healed. This may be carried out by a District or Treatment Room Nurse or your Podiatrist.

Antibiotic Prescription

Antibiotics will be provided if there are signs of infection in the wound, or nearby tissue. Report any problems with antibiotics (rashes, nausea or diarrhoea) to your GP immediately.

In some cases if the infection is spreading it may be necessary for you to be admitted to hospital to have antibiotics straight into your blood stream to treat the infection appropriately.

Operations

Sometimes if an infection becomes severe small local operations may be required to drain pus and clean dead tissue from the wound.

In cases of extreme infection amputation may be necessary to save healthy parts of the foot.

Patients with reduced circulation may be referred for a surgical procedure to increase blood supply to the ulcerated area.

INDIVIDUAL ADVICE

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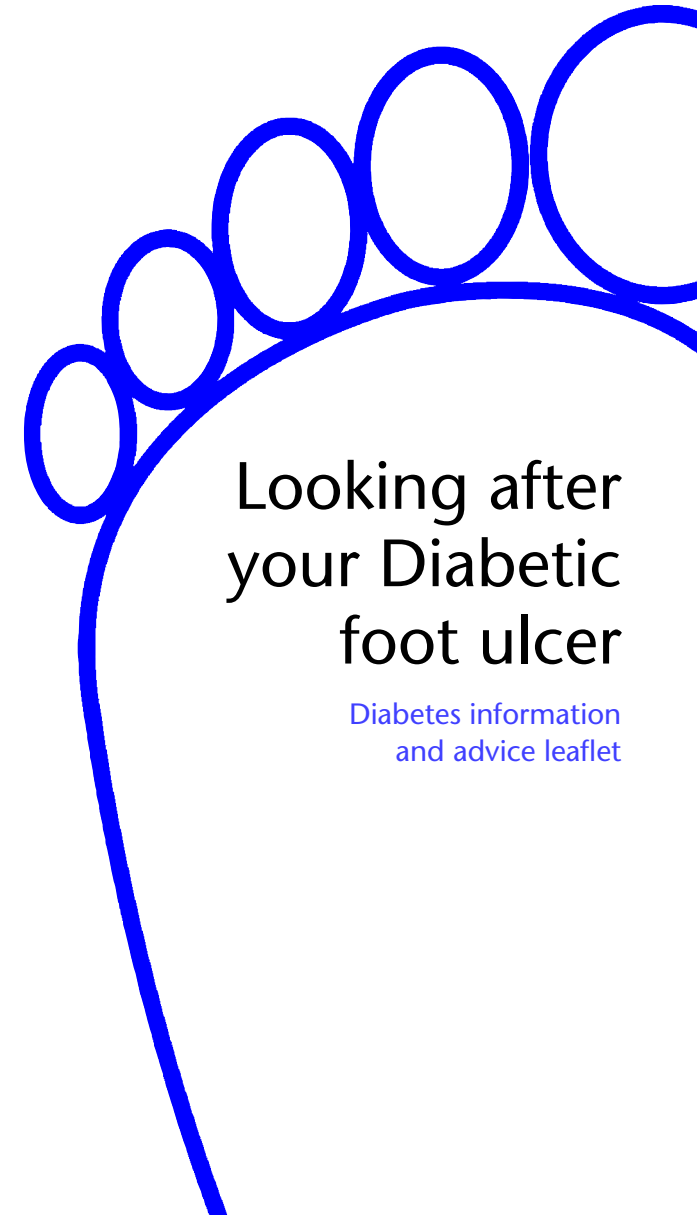
LOCAL CONTACT NUMBERS

Local Podiatry Department:

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GP Clinic:

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Looking after your Diabetic foot ulcer

Diabetes information and advice leaflet

Diabetes is a life long condition, which can cause foot problems. Some of these problems can occur due to damage to the nerves supplying your feet affecting feeling (peripheral neuropathy) and damage to the blood vessels supplying your feet resulting in reduced circulation (ischaemia).

These changes can be very gradual and can go unnoticed, which is why it is essential you receive an annual foot screening and assessment by an Health Professions Council registered Podiatrist where a treatment plan can be agreed to best suit your needs.

You have been identified as having a **Diabetic Foot Ulcer**. This is an area of skin which has broken down and the underlying tissue is exposed.

In some people with Diabetes the skin does not heal very well and is prone to developing ulceration even after only a minor injury.

About 1 in 10 people with diabetes will develop a foot ulcer at some stage in their lifetime.

A foot ulcer is prone to infection, which may become severe. It is therefore important that you look after your foot ulcer to prevent infection occurring.

Keeping good control of your Diabetes, cholesterol and blood pressure levels, as well as having your feet screened and assessed every year by an HPC Registered Podiatrist will help to minimise future foot problems.

If you smoke, you are strongly advised to stop immediately.

As you have been identified as having a **Diabetic Foot Ulcer** you will need regular Podiatry treatment.

A treatment plan will be devised for you by your Podiatrist to best meet your needs.

PODIATRY TREATMENT OF YOUR DIABETIC FOOT ULCER

Diabetic foot ulcers are sometimes hidden beneath hard skin and gather debris and dead tissue around them the Podiatrist will need to remove this to assist the healing process of your ulcer. The Podiatrist may make your foot bleed slightly but this is completely normal and will help the healing process. **Do not attempt this yourself.**

ADVICE TO LOOK AFTER YOUR DIABETIC FOOT ULCER

Do not interfere with the dressing on your foot ulcer. Only ever remove the dressing and replace it if you have been shown how to do this properly and have suitable replacement dressings.

Continue to check your feet daily

Continue to check your feet daily for any more problem areas or danger signs.

DANGER SIGNS

You should pay close attention to any of the following danger signs when checking your feet.

Is there any new pain or throbbing?

Is your foot swelling?

Is there an increase in temperature in your foot?

Is there any new areas of redness or inflammation?

Is there any pus present?

Do you have any flu like symptoms?

Do not get the dressing wet

Getting the dressing wet may prevent healing or allow bacteria to enter the ulcer which will cause further problems. Your Podiatrist should be able to supply you with a dressing protector or give you a referral form to enable you to receive a dressing protector from your GP on prescription. This will allow you to bath or shower safely while keeping your dressing dry.

Moisturise the surrounding area of your feet

If your skin is dry apply a moisturising cream daily, avoiding areas of broken skin and the areas between the toes.

Do not stand or walk on the affected foot

Avoid any unnecessary standing or walking. A wound cannot heal if it is constantly under pressure. Rest as much as possible and keep your foot up to help the healing process.

Use any pressure relieving device which has been recommended/supplied by your Podiatrist/Orthotist.