

Patient information

Diabetes Foot Care – Holiday Advice

Podiatry Department - Therapies

People with diabetes need to pay special attention to their feet.

Diabetes can cause special problems:

- Poor circulation.
- Numbness.
- Risk of infection.

These conditions especially apply when you are on holiday. This leaflet has a few hints on helping maintain foot health while you are on holiday.

Hygiene

- Wash daily in warm water and dry carefully in between your toes.
- If you have been on a beach, grains of sands can lodge between toes and irritate your skin.
- Check that there are no cuts or sores on your feet.

Swelling

- Aeroplane flights, warm weather, coach journeys, increased walking with sightseeing can cause your feet to swell.
- Swollen feet need wider footwear or adjustable fastening to prevent your shoes rubbing your skin.

Avoid going barefoot

- Keep your feet protected with suitable footwear.
- Hot surfaces, like tiles around a swimming pool, can burn the soles of your feet, this can cause blisters and ulcers.
- On the beach the sand can also get very hot and can burn your feet.
- Feet get sunburnt too! Wear cotton socks or sun block to protect your feet.

Appropriate footwear

- Many people choose to wear sandals on holiday. If you are buying a new pair wear them in gradually at home first.
- Sandals tend to offer less support and straps can rub and cut into the skin of your feet.
- If your feet tend to sweat, wear cotton socks.
- If you know you are going to do a lot of walking, wear more supportive shoes. Your feet deserve the protection.
- Check inside footwear for anything that could irritate your skin – grains of sand get everywhere!
- **Never go barefoot even in the sea.**

Reduce complications

- During your holiday you may not be able to maintain your usual diet, and sometimes alcohol intake increases.
- This can result in erratic blood sugars.
- Try to stick to your current routine to keep blood sugars stable to reduce complications.

Self-treatment

- If you know you suffer from corns and calluses, get them treated by a chiropodist, registered with the Health Professionals Council, before you go on your holiday.
- Do not be tempted by corn and callus preparations you can buy, they contain acid and will burn your skin.

If you do develop a problem, don't wait until you come home. Get medical attention.

Contact your Diabetes Centre, family doctor (GP) or Podiatry/Chiropody department when you get home for further advice and treatment.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Diabetes Podiatry Department

Tel: 0151 706 3072

Text phone number 18001 0151 706 3072

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