

## Patient information

### Looking after your feet on holiday

#### Podiatry

#### **Why should I be worried about my feet while on holiday?**

You have been given this advice leaflet because you are going on or thinking of going on holiday.

Due to your diabetes, your feet are at risk of developing problems. This risk can sometimes increase while you are on holiday

When you are on holiday your routine and environment change and you may be more active than usual, which can put your feet at increased risk of developing problems which can become serious.

If you discover a small blister or a cut, graze or any break in the skin of your feet, cover them with a sterile dressing.

Do not burst blisters.

This leaflet contains advice to help you care for your feet yourself while enjoying your holiday.

#### **What can I do to reduce my risk of developing foot problems on the journey?**

##### **Long journeys can make your feet swell.**

- Try to walk about every half hour, if possible, even a short distance will help.
- This will keep swelling down.
- Remember your feet may swell in the heat, so make sure your shoes are not too tight.

##### **Check your feet every day**

You should check your feet at least once a day for any blisters, breaks in the skin, or new pain.

##### **Skin care for your feet**

- You should wash your feet regularly in warm water and with a mild soap.
- Rinse them thoroughly and dry them carefully, especially between the toes.
- Do not soak your feet as this can damage your skin.

- If your skin is dry, apply a moisturising cream, avoiding the areas between your toes.
- You may need to apply extra moisturising cream if your skin gets very dry in hot or cold weather.

### **Toenail care**

Do not cut your toenails yourself unless your podiatrist has advised you are able to do so.

### **Avoid walking barefoot**

- Always wear footwear, even on the beach.
- The sand can become very warm, and you may burn your feet without realising it.
- If you go into the sea, wear some sort of footwear such as plastic shoes to protect your feet.
- Avoid wearing 'flip-flop' type footwear as this may cause blisters between your toes.

### **Prescription shoes**

If you have been supplied with prescribed shoes, do not wear any other shoes during your holiday (except when you are in the sea).

### **Minor cuts and blisters**

- Take a small first-aid kit containing sterile gauze dressings and micropore tape.
- If you get a small blister, cut or graze, use diluted antiseptic on a gauze swab to clean the wound and tape on a dry sterile gauze dressing.
- Do not use cotton wool.

### **Medications and prescriptions**

Make sure that you pack any antibiotic prescriptions, dressings, insoles and footwear that have been prescribed and issued to you.

### **Avoid high or low temperatures**

- Protect your feet from sunburn with a high- factor sun-protection cream (factor 30 or above) or keep them covered.
- Do not use dark- coloured materials to protect your feet as they absorb heat, and you could burn your feet.

### **What should I do if I have a concern or problem with my feet?**

During your holiday, if you notice any of these signs you must contact a member of your Multi-disciplinary Foot Care Team, local Podiatry Department or GP for advice as soon as possible (within 24 hours).

- A red, hot, swollen toe or foot
- A new break or wound in the skin

- New redness or discolouration of your toe or foot
- New or unexplained pain in your foot

**If you discover any new breaks in the skin or blisters, cover them with a sterile dressing. Do not burst blisters.**

**If your Multi-disciplinary Foot Care Team, local Podiatry Department or GP are not available, and there is no sign of your foot healing within 24 hours, go to your local accident and emergency department.**

### **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**

#### **Royal Podiatry**

**Tel: 0150 706 2829**

**Text Phone 18001 0151 706 2829**

#### **Aintree Podiatry**

**0151 524 4646**

**Text Phone 18001 0151 524 4646**

**Author: Podiatry - Therapies**

**Review date: February 2028**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 ( Moon ) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پئوهندیدار بهو نهخوشانهی له لایهن تراستهوه پهسهند کراون، نهگهر داوا بکریت له فۆرماتهکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و ئهلیکترۆنیکی ههیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.