

## Patient information

### Looking after your foot to reduce the risk of further ulcers and amputation

#### Podiatry

You have had a previous ulcer, amputation or Charcot foot that has now healed.

Being in this category means that there is a very high risk that you will develop further foot ulcers or have a further amputation. You may also have a new incidence of Charcot foot.

You will need regular review and treatment by a podiatrist experienced in the diabetic foot.

#### What can I do to reduce my risk of developing problems?

##### Check your feet every day

You should check your feet every day for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness. If you discover any breaks in the skin or blisters, cover them with a sterile dressing.

Do not burst blisters.

If you cannot do this yourself, ask your partner or carer to help you.

##### Badly fitting footwear

- Badly fitting shoes are a common cause of irritation or damage to feet.
- The podiatrist who assessed your feet may give you advice about the shoes you are wearing and advise you on buying new shoes.
- Depending on your need, you may be assessed for prescription footwear, insoles or both.

##### Skin care for your feet

- You should wash your feet every day 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.
- Because of your diabetes, you may not be able to feel hot and cold very well.

- You should test the temperature of the water with your elbow or ask someone else to test the temperature for you.
- If your skin is dry, apply a moisturising cream, avoiding the areas between your toes.

### **Toenail care**

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

### **Socks, stockings or tights**

Change your socks, stockings or tights regularly. They should not have bulky seams, and the tops should not be elasticated.

### **Avoid walking barefoot**

If you walk barefoot, you risk injuring your feet by stubbing your toes and standing on sharp objects which can damage the skin.

### **Check your shoes**

- Check the bottom of your shoes before putting them on to make sure that nothing sharp such as a pin, nail or glass has pierced the outer sole.
- Also, run your hand inside each shoe to check that no small objects such as small stones have fallen in.

### **Hard skin and corns**

- Do not try to remove hard skin or corns yourself.
- Your podiatrist will provide treatment and advice where necessary.

### **Over-the-counter corn remedies**

Do not use over-the-counter corn remedies.

They are not recommended for anyone with diabetes as they can be highly dangerous and can lead to new wounds and infections.

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

- If your feet are cold, wear socks.
- Never sit with your feet in front of the fire to warm them up.
- Always remove hot-water bottles or heating pads from your bed before getting in.

### **Prescription shoes**

If you have been supplied with shoes, they will have been made to a prescription.

You should follow the instructions your podiatrist or orthotist (the person who prescribed or designed your shoes) gives you.

## **These should be the only shoes you wear.**

- Shoes will normally be prescribed with insoles.
- These are an important part of your shoes, and you should only remove them if your orthotist or podiatrist advises you to.
- Whoever provided your shoes will advise you about any repairs or alterations to make sure that they will match your prescription.
- Prescription footwear and insoles can reduce the risk of ulcers but cannot remove the risk altogether.

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

During your treatment, 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 108001 0151 706 2829**

### **Aintree Podiatry**

**0151 524 4646**

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