

## **DIABETIC FOOT CARE**

**IT IS IMPORTANT THAT YOU TAKE EXTRA CARE OF YOUR REMAINING LEG IF YOU HAVE DIABETES**

**BEWARE OF** – Reduced feeling. You may not notice it. It usually develops gradually.

**THEREFORE** you may not notice:-

- That your shoes are rubbing or are too tight.
- That there is something inside your shoe, e.g. a stone.
- That you have trodden on something hard with your bare feet.
- That you are burning your feet in front of the fire.
- That you are cutting into your toe as well as your toe-nail.

Any of these can cause a small sore which could get infected and become impossible to heal.

### **EXAMINE YOUR FEET DAILY**

Check your foot daily – use a mirror. Feel your feet for unusual swelling or hot/cold spots.

**LOOK FOR WARNING SIGNS:-**

- Any change in normal colour such as redness or blueness.
- Any unusual swelling.
- Any unusual pain or discomfort in your feet.
- Any obvious sores on your feet.
- Any discharges from the skin.
- Cuts, blisters, cracks or breaks in the skin. Any red areas.

## **WHAT TO DO IF YOU THINK YOU MAY HAVE A FOOT PROBLEM**

- Get help immediately from Doctor/Chiropodist/Diabetic Clinic/District Nurse.
- Rest your feet.
- Do not treat it yourself with antiseptics or other cream/lotions.

## **YOU CAN HELP YOURSELF BY**

- Having regular Chiropody.
- Don't remove dry or hard skin yourself with scissor/razors/creams.
- Don't use corn pads/plasters.
- Don't use steroid creams on your feet unless prescribed by a doctor. These can disguise signs of infection.
- Don't use harsh creams or lotions.
- Keep feet clean. Try to wash them daily. Dry carefully, particularly in between the toes. Do not force toes apart.
- Keep the skin supple. If the skin is dry use a hand cream or moisturising lotion.
- Buy the correct shoes. Have feet measured. A lace-up shoe with broad toes and low heel is best. Make sure there are no rough seams/ridges inside.

## **ALSO**

- Only wear new shoes for an hour or two at first then examine your feet for any red area or rubbed skin.
- Always check the inside of your shoes before putting them on to ensure that nothing has dropped inside them.
- AVOID slip-on shoes, open toe shoes, canvas shoes, shoes with thick soles.
- Correctly fitting SOCKS and STOCKINGS are just as important as correctly fitting shoes. Buy socks without thick, bulky seams or if possible without seams at all.

- AVOID burning/scalding your feet. Test bath or washing water before placing your toe or foot in it.
- AVOID putting your feet too close to fires/heaters.
- AVOID placing a hot water bottle on your feet.
- Turn electric blankets OFF before getting into bed.
- DO NOT walk barefoot or in stockinged feet – even indoors.

**REMEMBER TO CONSULT THE DOCTOR / CHIROPODIST / DIABETIC FOOT CARE CLINIC / DISTRICT NURSE IF YOU THINK YOU HAVE A PROBLEM**