

Corns and hard skin

Never be tempted to treat corns or hard skin. Your podiatrist will provide treatment. Never use the over the counter corn remedies.

Avoid high or low temperature.

Never sit with your feet in front of the fire to warm them up. Do not use hot water bottles.

A history of ulcers

If you have had an ulcer before, or an amputation, you are at **high risk** of developing more ulcers. If you look after your feet carefully, with the help of a podiatrist, you will reduce the risk of more problems.



Minor cuts or blisters

If you check your feet and discover any breaks or blisters on the skin you should cover them with a sterile dressing and contact your podiatry department or GP immediately.

Avoid walking barefoot

If you walk around with nothing on your feet you risk injuring them by stubbing your toes and standing on sharp objects.

If you discover any problems with your feet, contact your local podiatry department or GP for advice immediately. If they are not available, go to your nearest accident and emergency department. Remember any delay in getting advice or treatment when you have a problem can lead to serious problems.

The podiatry & Foot Health

Services

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Diabetic foot information for patients at High Risk



If you have any problems or queries not addressed in this booklet, please telephone:

01743 277681 or

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What does High risk mean?

Your screening appointment has shown that there is a high risk of you developing a foot ulcer . Your podiatrist will tick which of the following risk factors you have.

- ◇ You have lost some feeling in your feet.
- ◇ The circulation has been reduced
- ◇ You have hard skin on your feet
- ◇ The shape of your foot has changed
- ◇ You have a history of foot ulceration or amputation

How does diabetes affect my feet?

Diabetes is a life long condition, which can cause foot problems. Some of these problems can occur because the nerves and blood vessels supplying the feet are damaged. These changes can be gradual and unnoticeable. This is why it is essential you receive a foot screening and assessment from a podiatrist every year.

How can I prevent problems?

Controlling your diabetes, cholesterol and blood pressure and attending your podiatry appointments will all help reduce the risk of developing more problems with your feet. **If you smoke you are strongly advised to get help to stop. Smoking affects your circulation and is a risk factor** that can lead to amputation.

As your feet are at High Risk, you will need to take extra care of them. You will need regular treatment by a podiatrist.

Advice on keeping your feet healthy in between appointments.

Check your feet every day

You should check your feet everyday for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness. If you are unable to do this, ask your partner, a friend or carer to help you or use a mirror.

An injury, sore or hard skin has the potential to develop into something more serious.



Moisturise

If your skin is dry, apply a moisturising cream daily. Do not use in between the toes.

Wash your feet everyday

Wash your feet every day in warm water and with a mild soap. Rinse them thoroughly and dry carefully, especially between the toes. Do not soak your feet as this can damage your skin. Take care with the temperature of the water, because of your diabetes you may not feel hot and cold very well. Test the temperature of the water with your elbow



Socks, stockings and tights

Change your hosiery daily. Avoid bulky seams and wear them inside out to prevent pressure. Make sure they fit well and are not too tight across the top.

Prescription shoes.

If you have been supplied with shoes, they will have been made to a prescription. These should be the only shoes you wear.



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.

Get your feet measured. Good fitting shoes can prevent problems. Shoes should be foot shaped with a round deep toe box.

Check your shoes

Check the bottom of the shoes before putting them on to make sure that nothing sharp such as a nail 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 or there are no signs of wear or creased linings.