

## Looking after your feet.

Research has shown that people with diabetes who take good care of their feet and protect them from injury can significantly reduce the risk of developing foot ulcers.

If you do develop foot ulcers it is good to know that they often respond well to treatment. DO remember however that if left untreated, even the smallest foot ulcers can develop into serious problems. The following information will help you to look after your feet:

It is ESSENTIAL to examine your feet daily for cuts or anything unusual.

1. Wash your feet daily.

Test the water temperature with an elbow to avoid scalding accidents.



2. Dry – especially between toes.

Cut and file toenails straight across. Contact a podiatrist if you have any problems.



3. Apply moisturiser (or hand cream) to keep your skin supple and prevent cracking. Do not put creams or oils between the toes, as they may trap moisture and cause infection.



4. Signs of infection: Learn to spot the first signs of infection. Your skin may be warmer than usual, red or swollen. Pain and tenderness suggest that your pain alarm system is still working but infections need to be treated straight away.

5. Breaks in the skin should be covered with a dry, sterile dressing. Do NOT burst blisters but seek help from your GP or podiatrist.



6. NEVER use sharp instruments on your feet.

Do NOT use band aids etc. as they contain ACIDS.

If any problems occur seek advice from your GP, diabetes clinic or podiatrist.

7. AVOID direct heat and hot water bottles – loss of pain and temperature sensitivity make these dangerous.
8. Remember DIABETES can affect the rate of healing and breaks in the skin may take a little longer to heal.

Older people are most at risk.

9. Ensure shoes fit well – have your feet measured.

Remember shoes must fit feet – NOT VICE VERSA.



Never go barefoot.

10. Check inside shoes for sharp objects, etc. Also check inside your socks.



11. Keep in touch with a podiatrist who is there to advise on foot care.