

Orthotic Department Tel: \_\_\_\_\_



Information for Patients

# Footcare for People with Diabetes and 'At Risk' Feet

Diabetes can cause serious foot problems. You can injure your feet without feeling it and the injury can take a long time to heal.

Diabetes can cause nerve damage that reduces the feeling in your feet. Diabetes damages the blood supply to the feet, making it harder to heal an injury or resist an infection.

Following the information in this leaflet can help to reduce your foot problems.



# Footcare for People with Diabetes and 'At Risk' Feet

## Footcare

- Look at your feet daily (or get someone to do this for you)
  - if you are unable to bend put a mirror on the floor
- Wash your feet daily in luke warm (not hot) water. Avoid soaking.
- Dry well, especially between the toes.
- Moisturise your feet – but not between the toes.
- Cover any bleeding or weeping areas with a sterile dressing.
- Cut nails carefully, following the line of the nail, or file weekly with a nail file or emery board.

## Podiatry

- See your podiatrist regularly for foot checks and treatment of hard skin or nail problems.
- Contact your podiatrist or doctor urgently if there are any breaks in your skin, blisters, changes in skin colour or swelling.
- Never treat corns or calluses yourself.

## Shoes and Socks

- Wear well fitting shoes with a round or square toe shape and Hook and Loop or lace fastenings.
- Wear any therapeutic shoes you have been given by the hospital to protect your feet.

- Wear in new shoes gradually for 1-2 hours a day.
- Before putting your shoes on check inside for stones, rough raised stitching or drawing pins etc. You may not feel these with your feet.
- Wear clean dry socks inside out to avoid injury from seams. Avoid tight elastic tops – they reduce blood supply.
- Never walk barefoot.

## Helpful Hints

- Avoid hot water bottles, foot spas, sitting too close to fires – you may not feel it if your feet burn. Check the temperature of bath water with your elbow.
- Don't smoke.
- Keep your diabetes well controlled.
- Take extra care on holiday.

**We would rather see you too early than too late.**