

# High risk feet

## Podiatry Service

Your podiatrist has identified that:

- Nerves to your feet have been affected in combination with callus and/or deformity
- Circulation has been affected in combination with callus and/or deformity
- You are on renal replacement therapy/dialysis
- You have had previous ulceration or amputation

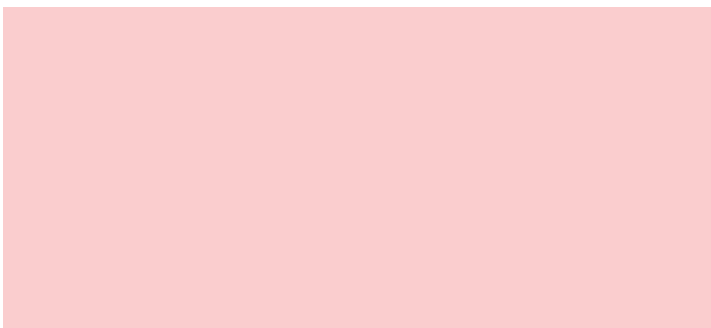
It is very important that you keep your diabetes under control and have regular chiropody/podiatry treatment. Check your feet daily for signs of damage.

The advice in this leaflet will help you prevent blisters or ulcers from forming.

For urgent treatment or advice contact your local clinic.

Remember to mention that you have diabetes when you speak to the chiropodist/podiatrist.

Your chiropodist/podiatrist can be contacted at:



### Advice to reduce the risk

- Footwear is often the main cause of foot damage. Remember if you could not feel the fibre you will not feel if your shoes are rubbing against your skin.
- Buy shoes or trainers that have a deep, wide, rounded toe and no hard seams. Shoes should be made of soft leather with cushioned soles. Lace-up shoes are preferable to slip-ons because they hold the feet in place. Avoid tight slippers.
- Socks should be cotton or wool and can be worn inside out so that the seams don't rub your toes.
- Before putting on socks and shoes check inside them for anything which may rub like stones or grit.
- Check your feet daily for any signs of damage, for example, infection, swelling, heat or changes in colour, when you take your shoes and socks off.
- You should never walk barefoot as you may not feel injuries occurring.
- Any minor cuts or blister should be cleaned with warm, salty water and covered with a dry dressing. If it has not healed in two days contact your podiatrist.
- Keep your feet healthy by washing every day. Dry between the toes to prevent athlete's foot.
- If you cut your own nails follow the shape of your toe. Don't cut them too short, down the sides or let them grow too long.

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- Treat any dry skin with a basic moisturising cream.
- If you cannot feel heat or cold well be careful when bathing. Test the water with your elbow in case your hands are also affected.
- Remove hot water bottles and switch off electric blankets before getting into bed so that you don't scald your feet.
- Don't sit or sleep too close to fires or heaters.
- Remember you will need to see the chiropodist/podiatrist regularly and should contact them, a nurse or a GP at the clinic or surgery if you have any problems between visits. Do this urgently (within 24 hours) if there are any signs of infection, swelling, heat or redness.

## Further information

- Remember to attend your annual diabetic foot assessment appointment with the GP practice nurse. It will help you maintain healthy feet for life.
- Never use over the counter corn remedies.
- If you require this leaflet in an alternative format such as large print, spoken (on CD) or Braille, or require it in a different language - speak to a member of staff.

## Individual advice

