

SOMERSET DIABETES FOOT SERVICE- LOW RISK OF DEVELOPING A FOOT ULCER

There are many conditions which can lead to foot problems. Some of these problems can occur because the nerves and blood vessels supplying your feet are damaged. This can affect:

- the feeling in your feet (peripheral neuropathy); and
- the circulation in your feet (ischaemia).

Your foot assessment has shown that you do not have nerve or blood vessel damage at present and so you are currently at **low risk** of developing foot complications.

Controlling your cholesterol and blood pressure and having your feet screened every year by a suitably-trained professional will help to reduce the risk of developing problems with your feet. ***If you smoke, you are strongly advised to stop.***

As your feet are in good condition, you may not need regular podiatry treatment. Your podiatrist will have discussed your foot assessment, and agreed a personalised careplan with you.

If you follow the simple advice in this factsheet, you should be able to carry out your own foot care unless you develop a specific problem.

Advice to keeping your feet healthy

Check your feet every day

You should check your feet every day for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness.

Wash your feet every day

You should wash your feet every day in warm water and with a mild soap. Rinse them thoroughly and dry them carefully, especially between the toes. Do not soak your feet as this can damage your skin.

Moisturise your feet every day

If your skin is dry, apply a moisturising cream every day, avoiding the areas between your toes.

Toenails

Cut or file your toenails regularly, following the curve of the end of your toe. Use a nail file to make sure that there are no sharp edges which could press into the next toe. Do not cut down the sides of your nails as you may create a 'spike' of nail which could result in an ingrown toenail.

Socks, stockings and tights

You should change your socks, stocking or tights every day. They should not have bulky seams and the tops should not be elasticated.

Avoid walking barefoot

If you walk barefoot you risk injuring your feet by stubbing your toes and standing on sharp objects which can damage the skin.

Check your shoes

Check the bottom of your shoes before putting them on to make sure that nothing sharp such as a pin, nail or glass 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.

Badly-fitting shoes

Badly-fitting shoes are a common cause of irritation or damage to feet. The professional who screened your feet may give you advice about the shoes you are wearing and about buying new shoes.

Minor cuts and blisters

If you check your feet and discover any breaks in the skin, minor cuts or blisters, you should cover them with a sterile dressing and check them every day. Do **not** burst blisters. If the problems do not heal within a few days, or if you notice any signs of infection (swelling, heat, redness or pain), contact your podiatry department or GP.

Over-the-counter corn remedies

Do not use over-the-counter corn remedies. They are not recommended for anyone with diabetes as they can cause damage to the skin that can create problems.

If you discover any problems with your feet, contact your GP or local podiatry department for advice.

Individual advice

Your next screening/assessment is due:

Podiatry Booking Offices

The lines are open Monday to Friday between 08:30 and 15:00.

Bridgwater Booking Office (West) 01278 436733

for Bridgwater, Burnham on Sea, Minehead, Williton, Parkgate

Chard Booking Office (South) 01460 247555

for Bartec, Chard, Crewkerne, Dene Barton, South Petherton, Wellington and Wincanton

If you would like to contact our Patient Advice and Liaison Service (PALS) please telephone 01278 432022 or email pals@sompar.nhs.uk