

People with diabetes are more at risk of foot problems due to damage to the nerves, known as neuropathy. This can lead to reduced or impaired feeling in the feet. Diabetes can also cause damage to the blood vessels, which can result in poor circulation. This is known as vascular disease.

Not everybody with diabetes will develop foot problems. The following advice will help you to look after your feet properly. Remember, a few minutes a day caring for your feet can prevent serious foot problems occurring.

How can I prevent problems?

- Good fitting socks. Be aware of seams which can cause rubbing.
- Good fitting and supportive footwear. If possible have your feet measured.
- Check feet daily for any changes (see warning signs)
- Avoid exposing feet to heat sources such as radiators, hot water bottles and fires. Exposure can lead to burns.
- Avoid walking barefoot to prevent avoidable injury.
- Ensure good foot hygiene daily.
- File toe nails rather than attempting to cut them. Filing nails regularly reduces the risk of trauma. We recommend twice weekly filing.
- Gently file dry, rough or hard skin.
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How can I help myself?

- Arrange your annual diabetic check up with the practice nurse at your GP practice.
- Regularly check between the toes for signs of blistering, cracking or moist areas.
- Regularly check heels and the bottom of the feet for splits, cracks or blisters.
- Maintain good foot hygiene by washing feet daily and changing hosiery regularly.
- Dry your feet carefully especially between the toes.
- If you have difficulty in seeing your feet, use a mirror or ask a member of family or a willing friend.



Personal Foot Care

- Use a moisturising cream daily, preferably not perfumed as some of these may contain alcohol.
- Avoid applying cream between toes as this can make the skin soggy.
- If you notice slightly moistened areas between your toes use

surgical spirit daily, but not if it 'stings'.

- Do not use talcum powder between toes as this can leave a hard residue and cause problems.

Warning signs

- Opening, tearing, cracking or blistering of the skin.
- Bleeding or weeping.
- Any minor cuts or blisters should be covered with a sterile, dry dressing until healed. If you are concerned or if these are slow to heal (more than one or two weeks), seek advice from a health professional.

When to seek urgent advice?



The signs and symptoms

- Redness of the skin.
- Increased temperature of the area.
- Increased pain.
- Increased swelling.
- Discolouration of the skin or blackened areas.
- Open wound on foot accompanied by a general feeling of being unwell or feverish.

Who to contact

- 1). Podiatry Appointments Office,
Castle Circus Health Centre,
Abbey Road, Torquay, TQ2 5YH
01803 217712 08.45am-3.45pm
- 2). GP or Practice nurse

If you have a foot ulcer and you feel that there could be spreading infection or if you feel un-well (flu like symptoms) you may need urgent attention. If you are unable to contact the podiatry department (out of hours), you can contact the out of hours doctors or attend the A&E department.

Please contact podiatry if you:-

- have any questions about the information in this leaflet
- require further information
- require this leaflet in a different format



**PATIENT
INFORMATION**

Diabetic Foot Care:

Type 2 Diabetes

An Educational Programme

Department of Podiatry
and Foot Health