

## Please contact your Orthotist, Podiatrist, Diabetic Clinic or GP

- If you develop an area of pressure or rubbing
- If you notice a change in your foot condition
- If you can not use what you have been supplied due to, for example, donning issues.

## Individual Advice

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Contact Details

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## Department of Orthotics

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## Foot Care Advice for Patients with Diabetes

Your Orthotist is.....

## Protect Your Feet

People with Diabetes can be at risk of developing foot problems as they can have reduced circulation and/or lose the feeling in their feet. Some people develop pressure ulcers without realising. Ulcers can take a while to heal especially if they become infected. It is therefore very important to protect your feet to prevent the ulcers from developing.

### Foot Care

- Examine your feet daily for injury, hard skin, blisters, scratches, changes in colour, swelling, pain or numbness
- Use a mirror to see the soles of your feet if you can't bend over or ask somebody else to check for you. Pay particular attention to the area under the 'ball' of your foot.
- Wash and dry feet thoroughly daily
- Moisturise areas of dry skin
- Avoid sitting too close to heaters/fires and carefully check bathwater temperatures.
- Seek professional healthcare advice on nail care and hard skin removal.

## Footwear Advice

Before putting your footwear on check the inside and outside for any irregularities.

Check the sole for imbedded objects, put your hand inside to check that surfaces are smooth.

**Notify your Orthotist of any irregularities as soon as possible.**

Getting used to your new footwear - initially wear shoes in the house for short periods (20 minutes) at a time and then check feet for any redness or signs of rubbing/pressure.

**Notify your Orthotist if any areas of pressure/rubbing are identified as soon as possible.**

Avoid walking barefoot even inside the house.

Don't wear wet footwear, it can be a source of infection, such as athlete's foot.

Don't wear ill fitting shoes or open tight shoes particularly sandals with thongs between the toes.

Always change your socks or tights daily. They should not have bulky seams or elasticated tops

## Orthotic Review

If you have been issued with footwear then you should receive a follow up appointment within 4-6 weeks. If you do not receive this then contact the number on this leaflet to arrange one.

If you have been provided insoles, these should last 9-12 months. If they become worn before this time then you should contact the department for a review.

When ordering replacement insoles, if you were given the plaster moulds of your feet then you would need to bring them in to the reception with your name and address clearly attached. We will notify you when they are ready.

**By looking after your feet and footwear you will help to prevent hard skin and ulcers developing. This should allow you to be as active as possible.**

**Seek medical advice from your Orthotist, Podiatrist, Diabetic Clinic or GP if you notice any changes in the condition of your feet.**

