

Looking after your foot ulcer

Ask your Podiatrist how often to change your dressing.
Please contact the Podiatry Team if you have any questions
or concerns on 01553 613613 x2390.



STEP 1

Gather all your items together:

- 1) Dressing pack (if using)
- 2) Scissors (blades cleaned with antibacterial wipe)
- 3) Dressing/s, tape, tubular bandage (if using), spare felt padding (if using)
- 4) A phone or tablet handy in case you need to take a photo or call for advice

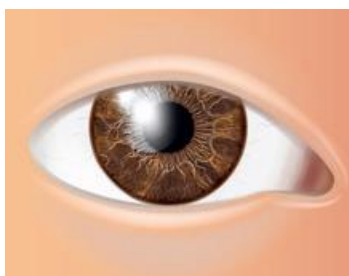
Prior to carrying out care for your wound, please wash your hands with soap and water and dry thoroughly with clean paper towel.



STEP 2 Remove the dressing gently from the wound and place it in a disposable rubbish bag.

If your care involves the use of podiatry felt padding, only change this when it is soiled / wet.

Your Podiatrist will show you how / when to change any felt padding. This can be left in place for up to 2 weeks if clean and dry.



STEP 3* (Please refer to 'signs to look for' on page 3):

- 1) Does it smell different / more than usual?
- 2) Does it look different?
- 3) It would be useful if you can safely take a photograph on your phone / tablet



STEP 4 Apply a new dressing

- 1) Cut the dressing to the right size. Remove the protective film (if there is one)
 - 2) Place the dressing over the wound
 - 3) Place any further layers over the top as above.
 - 4) Secure the dressing with tape
 - 5) If you are using tubular bandage (for a toe dressing) cut a length 3 times the length of your toe. Apply down to the base of your toe, quarter twist the top and then pull down over the toe again to the toe web. **Carefully** trim any excess to avoid rubs or rolls of fabric. Use tape to secure.
- Once the dressing is in place, moisturisers / emollients can be applied to the surrounding skin.



- #### **STEP 5** Dispose of the old dressing in household waste. If your bin collection is due within 3 days, bag the dressing for disposal in NEXT WEEKS collection. If your collection is over 3 days away, it can be placed in your black bin. Wash your hands again.

Please do not get your dressing wet, as this may prevent your ulcer from healing, as well as increasing the risk of infection. Your Podiatrist will advise you on the best way for you to protect your wound while having a bath or shower.

Continue to take the pressure off your foot ulcer by using the padding or pressure relieving aids supplied by your podiatrist and avoid any unnecessary standing or walking.

If you have been prescribed antibiotics, please continue to take these until the course has finished or a health professional advises you to stop.



It is *vital* to check your feet EVERY DAY for any new problematic areas or danger signs.

You should pay close attention to any of the following danger signs when checking your feet and your wound:

- Is there any **new pain** or **throbbing**?
- Does your foot **feel hotter** than usual?
- Are there any new areas of **redness**, **inflammation** or **swelling**?
- Is there any new or increased **discharge**?
- Is there a **new smell** from your foot?
- Do you have any **flu-like symptoms**?

If you notice any of these, you should inform your Podiatry team straight away. If it is an evening or weekend, contact the out of hours GP service or NHS 111.