



Find out more

Foot Health Services
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If you would like this publication in large print, Braille, alternative format or in a different language, please contact us on 01603 697492 and we will do our best to help.

You can receive help with queries about NCH&C services from **Patient Advice and Liaison Service**

Telephone: 0800 088 4449
Email: pals@nchc.nhs.uk
(Monday-Friday 9am-5pm)

Produced by Norfolk Community Health and Care NHS Trust



Neuropathy

Information for patients

What is neuropathy?

Neuropathy is a condition, where due to nerve damage you lose the sensation in your foot or feet. This means that you may not feel pain to know that you have injured your foot.

You may have abnormal sensations in your feet such as burning, pins and needles or tingling. Some types of neuropathy (motor neuropathy), may cause a change in the shape of your foot meaning that some areas are subject to more pressure.

To avoid serious injury or infection it is important that you read and follow the information in this leaflet.

Daily care

Wash your feet daily and dry them carefully.

Daily foot check

Check your feet every day. Look for areas of redness, swelling, discharge or open wounds. If you find any of these contact a health professional straight away.

Footwear

Wear shoes that fit you. If you wear shoes that do not fit your feet correctly it can cause corns or blisters. Make sure that

- Your shoes fit the shape of your foot.
- You have your feet measured every time you buy new shoes.
- You do not walk without shoes as this makes your foot more vulnerable to injury.

Check your shoes before putting them on

Stones, gravel and other sharp items are a risk to your feet if they get into your shoes. Check the inside and outside of your shoes and remove any small objects before putting them on.

Socks

Make sure socks are not too tight around the tops and the toe area. Check your socks for holes, seams lumps and bumps. Wear cotton socks if your feet are hot and wool if your feet are cold.

Protect your feet from injury

Do not warm your feet by putting them in front of a fire, using a hot water bottle or electric blanket as this can cause burns.

First aid for your feet

Keep a supply of dry sterile dressings in case you cut or graze yourself. If you do injure yourself, wash the area with tap water, dry the wound carefully and cover with a sterile dressing. If this does not improve in 3 days contact a health professional.

Holiday care

The same rules apply on holiday! Your feet are more at risk when you may be in different shoes, in a different climate and doing different activities! Take a first aid kit with you in case of emergencies.

Make sure you put plenty of sunscreen on your feet as they can burn easily.