

Looking After Foot Ulcer Key Points



Telephone: 0300 124 5855

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What is a Foot Ulcer?

A foot ulcer is a sore or wound on your foot that does not heal easily. It can develop anywhere on your foot, often from a small skin injury. People with diabetes are more likely to get foot ulcers.

Why is it Important to Care for Foot Ulcers?

- Ulcers can easily become infected.
- If an infection is not treated, it can become very serious and may lead to surgery or, in some cases, amputation (removal of part of the foot or leg).

How to Care for Your Foot Ulcer

1. **Follow your doctor's advice:** take any prescribed medicines as directed and tell your doctor about any problems straight away.
2. **Attend podiatry appointments:** a podiatrist (foot specialist) can help manage your ulcer and reduce the risk of infection.
3. **Keep the ulcer clean and dry:** change dressings regularly and avoid getting them wet.
4. **Rest your foot:** try to avoid walking on it as much as possible.
5. **Wear supportive footwear:** this helps reduce pressure on the ulcer.

6. **Manage diabetes:** if you have diabetes, work with your healthcare team to keep your blood sugar levels under control.
7. **Quit smoking:** smoking reduces blood flow to your feet and slows down healing.

Signs of Infection – contact your doctor straight away if you notice:

- Swelling around the ulcer
- Redness or change in colour
- The area feeling warmer than usual
- Discharge or pus coming from the ulcer
- New ulcers or blisters appearing
- An unpleasant smell
- Fever or flu-like symptoms
- High blood sugar levels

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