

For further information please contact:

The Department of Podiatric Medicine
Clevedon Community Hospital
Old Street
Clevedon
North Somerset
BS21 6BS

For Weston, Winscombe, Worle & Yatton Clinics
Telephone: [01275 547 085](tel:01275547085) or

For Clevedon, Nailsea & Portishead Clinics
Telephone: [01275 342 285](tel:01275342285)



Complaints / PALS Information

Whether you want to complain, enquire or simply talk to someone about your concerns, we are here to help and support you.

North Somerset Community Partnership Patient Advice & Liaison Service (PALS) Office can be contacted at:

Patient Advice & Liaison Service (PALS)
North Somerset Community Partnership
Castlewood POX Box 237
Tickenham Road
Clevedon
North Somerset
BS21 9AX

Freephone: 0800 389 5260

Email: nscp.pals@nsomersetcp-cic.nhs.uk

If you require this leaflet in large print, braille, audio format or in another language please contact the Patient Advice and Liaison Service. (PALS) Please contact us on the freephone number or email address above. We are pleased to offer a telephone interpreting service. For further details on how to access this service, please contact PALS using the details above.

Patient information leaflets are available for all services provided by North Somerset Community Partnership. Please ask your health care professional. North Somerset Community Partnership is committed to Equality and Diversity for both staff and those who use our services.



Updated Mar 2014



Taking Care of your Feet

Diabetes: Care of 'At risk feet'

Department of Podiatric Medicine



Care of 'at risk' feet

If you have nerve damage (neuropathy) or poor blood supply (vascular disease) in the feet you must keep your feet clean and avoid any damage to them.

Wash your feet every day in lukewarm (not hot) soapy water and rinse them thoroughly. Pat and dry carefully, with a soft towel, especially between the toes.

Always check the temperature of your bathing water with your elbow before immersing your feet.

Moisturise your feet daily to prevent cracks. Apply moisturising cream to the soles, heels and tops of feet avoiding cream going in-between your toes.

Inspect your feet every day: you may have a problem or injury which you can't feel properly if diabetes has damaged the pain sensing nerves in your feet. Check for sores or changes in skin colour or temperature. These should be reported to your doctor or podiatrist as soon as possible.



Shoes & Socks

Wear clean socks daily.

Wear shoes that fit properly. Change your shoes each day so that the pair you wear today gets a chance to 'air' tomorrow. Keep the heels and soles in good repair.

Break in new shoes gradually. Wear a new pair no more than half an hour at a time for the first few days. Inspect your feet afterwards. If no problems occur, gradually increase the time you wear them. Check the insides of your shoes regularly for ridges, sharp points or worn areas. Tip shoes upside down before putting them on.

Self care – be careful!

Do not attempt to trim corns or calluses. Don't use commercial corn remedies, get professional advice from your doctor/podiatrist.

Do not walk barefoot. Bare feet invite injury. You may not feel something hot or sharp damaging your foot.

Avoid extremes of hot or cold. If your feet are cold, wear warm socks. Never use hot water bottles or heating pads. Protect your feet from sunburn.

Avoid wearing anything tight around your ankles or feet. This could restrict your blood supply.

Warning Signs

- **Colour:** a change in colour of any part of your foot, e.g. a toe becoming red, bluish or black; a red area on the foot; brownish speckles on hard skin; or the whole foot changing colour.
- **Pain:** any new pain or throbbing in your foot. Remember you may not feel pain properly if you have neuropathy.
- **Lack of movement:** pain and swelling can make it difficult to move a toe or part of the foot (although this may not be the case if you have neuropathy)
- **Swelling or puffiness in your foot or leg.**
- **Sores:** cracks, corns, blisters or calluses.
- **Pus:** yellow/green fluid leaking from the skin or nail. Moisture weeping from under your toe nail may be a sign of a sore under the nail.
- **Temperature:** if an area of the foot feels very warm or very cold to the touch, it could be dangerous. You might not be able to feel hot or cold properly if you have neuropathy.
- **Smell:** your foot needs attention if it smells strange, even if it doesn't hurt.

If you find any of these changes contact your Podiatrist or your doctor or call the [NHS 111 service](#) or if they are not available and you think you may have a serious problem go to the A & E Department of your local Hospital.

If you have Diabetes you can reduce the risks to your feet by:

- Having your feet checked professionally by a Podiatrist, GP or Practice Nurse twice a year
- Checking your feet daily
- Get professional help if you have a foot problem
- Good diabetic control
- Regular exercise
- If you smoke – try to stop
- Wearing measured well fitting shoes