

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](tel:08003895260)

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

Looking after your Foot Ulcer

Department of Podiatric Medicine



The Podiatrist has assessed your wound and devised a treatment plan. It will involve regular monitoring and dressing changes and possible changes in life style e.g. sitting rather than standing to perform simple tasks; not showering or bathing daily etc.

Your co-operation is needed to heal the ulcer, prevent complications and avoid hospital admission.

Healing may not happen if:

- You do not fully rest the foot
- Your footwear is inadequate
- You fail to take your prescribed medication
- Your diabetic control is poor (if you have diabetes)
- You fail to keep appointments
- You interfere with dressings
- You smoke

Foot Ulcers are serious

Your foot ulcer may appear painless, small and trivial, but it is a serious problem. Without good care it may not heal, and there is always the risk that a bad foot infection will develop. It is therefore important to heal ulcers and foot wounds as quickly as possible.

Never walk or stand on the ulcer site if you can avoid it. A wound cannot heal if it is constantly under pressure. Every step you take on your foot ulcer will delay healing.

Rest and elevation can achieve quick healing. You may be asked to wear special shoes or devices to take the pressure off your ulcer.

Using crutches, a Zimmer frame, a wheelchair or a plaster cast when advised can also help.



Dressings

Don't interfere with the dressing on your foot ulcer. Never remove the dressing and put a new one on unless you have been shown how to do this properly.

Antibiotics

If your doctor prescribes antibiotics, take them regularly. Report any problems (rashes, nausea or diarrhoea) to your doctor immediately.

Problem Ulcers

Ulcers are sometimes hidden underneath hard skin. If hard skin or unhealthy tissue surrounds your ulcer, it will be gently cut away to encourage healing (a little bleeding may occur during this process; however this procedure will help your foot get better). If your ulcer is unhealed after several weeks of treatment, you may be referred to a specialist hospital ulcer clinic. If your ulcer is painful, you should tell your doctor. The doctor may prescribe pain relieving medication to make you more comfortable.

After Healing

Even after your ulcer has healed, you will need to take special care of your feet to prevent another ulcer developing. You may need to see a Podiatrist regularly for preventive foot care.

Please Remember

If your foot swells, changes colour or becomes painful, you must seek help promptly. Contact your Podiatrist, Nurse or Doctor immediately. If they are not available and you think you may have a serious problem go to the casualty department of your hospital.

Contact Numbers

Podiatrist

Practice Nurse

Diabetic foot Clinic

Doctor

Any special Instructions