



Caring for Feet and Foot Ulcers

Information for Patients, Residents and Carers

What is a foot ulcer?

A foot ulcer is a broken area of skin, often on the bottom of the foot or over bony areas.

What causes a foot ulcer?

Foot ulcers may occur due to injury, pressure, rubbing, poor circulation or cracked dry skin.

It is important to regularly assess feet for change!

Tips on caring for feet

- ✓ Check feet daily for any signs of rubbing or pressure
- ✓ Wash and dry feet carefully, especially between the toes
- ✓ Apply moisturiser to feet and legs daily but avoid moisturising between the toes
- ✓ Involve a podiatrist for nail care
- ✓ Check that there are no rough edges or objects in shoes before putting them on
- ✓ Involve a health care professional or the Wound Innovations team as soon as possible if you notice red areas, a blister, cut, scratch or sore

Walking on your foot ulcer can cause further damage and delay healing.

Patient Tips for faster healing

- Walk as little as possible
- Wear your pressure relieving boot or insole **whenever you are on your feet**
- Follow your dressing plan closely
- Check your feet before and after wearing footwear for:
 - » changes in temperature, red hot spots
 - » any change in colour e.g. red, white, blue
 - » unusual swelling
 - » increasing pain
 - » broken skin e.g. blister, cracks.

Signs of infection

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

- 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 **discharge**?
- Is there a **new smell** from your foot?
- Do you have any **flu-like** symptoms?

If any are present see your health professional.

Helpful Contacts

- Diabetes Feet Australia
<https://www.diabetesfeetaustralia.org/>
- Diabetes Australia
Infoline: 1300 136 588
<http://www.diabetesaustralia.com.au>
- Australian Podiatry Association
<http://www.podiatry.org.au/>

Contact Information

Wound Innovations: [1300 224 034](tel:1300224034)
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