

LOOK AFTER YOUR FEET



HOW TO LOOK AFTER YOUR FOOT ULCER

Do not touch the dressing unless you have been shown how to remove and replace it and you have suitable dressings ready to replace the one you are changing.

DONT GET YOUR DRESSING WET

DON'T FORGET

CHECK YOUR FEET DAILY

HOT OR NOT

AN INFECTED FOOT WOUND CAN CAUSE FLU LIKE FEVERS

Antibiotics: if you have been prescribed antibiotics do not stop taking them unless advised. Report any side effects to the person who prescribed them

DANGER SIGNS

PAY CLOSE ATTENTION FOR;



- Any discharge?
- Any flu-like symptoms?
- New pain or throbbing?
- New smell from your foot?
- Foot feeling hotter than usual?
- New areas of redness, inflammation or swelling?



IF YOU IDENTIFY ANY OF THE WARNING SIGNS OR HAVE ANY CONCERNS PLEASE CONTACT YOUR LOCAL PODIATRY SERVICE FOR TELEPHONE ADVICE AND URGENT REVIEW.