

### Corns and Callus:

Never be tempted to treat corns or callus yourself. Do not use over-the-counter corn remedies. They are not recommended for anyone with diabetes. They may cause damage to the skin that can create problems.

### Toenails:

Cut or file your nails regularly following the natural curve of the toes. Do not cut down the sides or corners and take care not to cut them too short.



### Signs of infection:

Redness, Swelling, Heat, Pain

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### Individual advice

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### What do I do if I notice any problems?

Contact your Podiatrist, Doctor, Nurse or a health professional from your Diabetes Care Team.

If you have any concerns contact;

**The Podiatry & Foot Health Services**

**Shropshire Community Health  
NHS Trust 01743 277681 or  
01743 277682**

**Fax: 01743 277680**

**Email:**

**[podiatryandfoot-healthservices@nhs.net](mailto:podiatryandfoot-healthservices@nhs.net)**#

## Diabetic foot information for patients at Low Risk



If you have any problems or queries not addressed in this booklet, please telephone:

**01743 277681 or**

**01743 277682**

## Why do I have to take special care of my feet?

By understanding how your feet can change and by learning to spot changes you can help keep your feet healthy.

## How does diabetes affect my feet?

The nerves and blood vessels supplying your feet can be damaged.

This can affect:

- The feeling in your feet (neuropathy); and
- The circulation to your feet (ischaemia).

These changes may be very gradual and you may not notice them. At present your foot screening has shown that you do not have any nerve or blood vessel damage at present and you are currently at **LOW RISK** of developing a Diabetic Foot Problem.

As your feet are in good condition, you may not need regular podiatry treatment. In this leaflet you will find advice and information to assist you in carrying out your own foot care.

## How can I help to reduce the risk of developing Foot Problems?

- Control your diabetes before it controls you.
- Controlling your cholesterol and maintaining healthy blood pressure
- Staying active and getting regular exercise
- **If you smoke, you are strongly advised to stop**
- Attending your annual diabetic foot screening appointment

## How can I keep my feet healthy?

**Check/wash your feet every day**



- Look for anything that is different; are there any sores, redness or swelling? If you see a problem starting, take action quickly
- Make sure you dry them well especially between the toes
- Do not soak your feet as this removes the natural oils
- If your skin is dry, apply a moisturising cream - do not use between toes



## Minor cuts or blisters:

If you check your feet and discover any breaks or blisters on the skin you should cover them with a sterile dressing and check them everyday. Do not burst blisters. If something does not heal quickly or there are any signs of infection contact your podiatry department or GP.

## Avoid walking barefoot

If you walk around with nothing on your feet you risk injuring them by stubbing your toes and standing on sharp objects.

## What foot wear should I wear?

- Good fitting shoes can prevent problems. Get your feet measured before you buy. You may be surprised
- New shoes should be worn in gradually, monitor feet for blisters
- Shoes should be foot shaped with a round deep toe box.
- Low heels will prevent high areas of pressure on the balls of your feet
- Check your shoes before putting them on
- Socks and tights can cause problems too.... Make sure they fit well are not too tight across the tops, be careful of bulky seams

