

After your ulcer has healed

Diabetes and Endocrinology Patient Information Leaflet

After your ulcer has healed, you will need to take extra care to prevent another ulcer from developing. When an ulcer has healed it can take up to twelve months for the skin to be as strong and durable as it was before. Even after this you will always be at risk of another foot ulcer. It is important, therefore, that you take the following precautions.

1. Check your feet every day. If you cannot reach your feet or see them clearly, perhaps a friend or member of your family can help you?
2. Wash your feet daily and dry them carefully, especially between your toes.
3. Change your socks daily. It can be helpful to wear them inside out to prevent ridged seams from rubbing you. Check that they are not too tight around your leg or ankle. Turn your socks inside out to wash them as this stops any dry clumps of skin building up inside them.
4. If you find any blisters or areas of broken skin, cover the area with a sterile gauze dressing and contact the diabetes centre immediately.

5. If you have been given special shoes or insoles, wearing them as much as possible (including in your home) will prevent further ulcers.
6. On discharge from the foot clinic it is important to go to the podiatrist regularly. The foot clinic will tell you how often you need to do this but it should be at least every three months.
7. You may find that hard skin or dead tissue will build up over areas of your feet. It is important that this is removed regularly by a podiatrist to prevent pressure on vulnerable parts of your feet. If you miss an appointment or need to cancel one, contact us to make another one as soon as possible on the following number:

**Outpatient Booking Team 01384 365100
(8am to 6pm, Monday to Friday)**

Remember that we can only look at your feet occasionally but you can look at them every day. We need you to let us know straightaway if you have any concerns.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Diabetes Centre on 01384 244399

Diabetic Foot Clinic on 01384 244594

Dr Ashawesh's secretary on 01384 244435

Dr Siddique's secretary on 01384 244278

Available 9am to 5pm, Monday to Friday

This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510

नेकर दिव लीडलेंट (डिटा इमडिहार) डुसों आपकी भासा (पंजाबी) बिच लैला चाहुंटे रो डां खिया बर के पेसंट इन्डरमेसन के-ऑरडीनेटर नाल **0800 0730510** टेलीफोन नंबर उे संपर्क करे।

यदि आपको यह दस्तावेज अपनी भाषा में चाहिए तो पेशन्ट इनफरमेशन को-आरडीनेटर को टेलीफोन नम्बर **0800 0730510** पर फोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઇન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

आपनि यदि এই प्रचारपत्राटि आपनार निजेर भाषाय पोतेत चान, ताहले दया करे पोशेन्ट इनफरमेशन को-ऑर्डिनेटारेर साथे **0800 0730510** এই नम्बरेर योगायोग करान ।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية) , فرجاء ا اتصل بمسئ المعلومات للمريض
0800 0730510 على التالفون **Information Co-ordinator**

حیہ ضرورت اس لیفٹ کو پٹی زبان (اردو) میں حاصل کرنے کے لئے روبرو پائی ٹیلیفون نمبر **0800 0730510** پر وھٹ اٹھیں۔ اور اس خط (مریضوں کے لئے معلومات کی فراہمی کے سلسلے میں) کے ساتھ رابطہ قائم کریں۔