

# Foot health - Low Risk

## Podiatry Department

### Patient Information Leaflet

#### What is foot health risk?

This is a measurement of the likelihood that you may develop a serious problem with your feet, such as an ulcer.

To assess this your feet will need to be checked:

- For any hard skin
- For any deformities which might cause extra pressure
- That the circulation to your feet is working adequately
- That the feeling in your feet is not reduced
- For any wounds or signs of infection

Changes can be very gradual, and you may not notice them.

Your foot screening has shown that you do not have nerve or blood vessel damage at present and so you are currently at **low risk** of developing foot complications

## **What treatment will I receive?**

As your feet are in good condition, you will not need regular podiatry treatment.

If you follow the simple advice in this leaflet, you should be able to carry out your own foot care unless you develop a specific problem.

If you smoke, you are strongly advised to stop. Smoking affects your circulation and can lead to amputation.

If you have diabetes, your GP should arrange for you to have a foot check at least once a year and you may be advised on how to look after your own feet or where you can go to get private treatment if you are not able to look after your own feet.

If you have a specific problem such as pain when you walk or an ingrowing toenail, you may be offered a short course of treatment to deal with the problem and then be advised on how to look after your feet.

## **Advice on keeping your feet healthy**

### **Check your feet every day**

You should check your feet every day for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness.

### **Wash your feet every day**

You should wash your feet every day in warm water and with a mild soap. Rinse them thoroughly and dry them carefully, especially between the toes.

Do not soak your feet as this can damage your skin.

### **Moisturise your feet every day**

If your skin is dry, apply a moisturising cream every day, avoiding the areas between your toes.

### **Toenails**

Cut or file your toenails regularly, following the curve of the end of your toe.

Use a nail file to make sure that there are no sharp edges which could press into the next toe.

Do not cut down the sides of your nails as you may create a 'spike' of nail which could result in an ingrowing toenail.

### **Socks, stockings and tights**

You should change your socks, stockings or tights every day. They should not have bulky seams and the tops should not be elasticated.

### **Avoid walking barefoot**

If you walk barefoot, you risk injuring your feet by stubbing your toes and standing on sharp objects which can damage the skin

### **Check your shoes**

Check the bottom of your shoes before putting them on to make sure that nothing sharp such as a pin, nail or glass has pierced the outer sole. Also, run your hand inside each shoe to check that no small objects such as small stones have fallen in.

### **Badly fitting shoes**

Badly fitting shoes are a common cause of irritation or damage to feet. The professional who screened your feet may give you advice about the shoes you are wearing and about buying new shoes.

### **Minor cuts and blisters**

If you check your feet and discover any breaks in the skin, minor cuts or blisters, you should cover them with a sterile dressing and check them every day. Do not burst blisters.

If the problems do not heal within a few days, or if you notice any signs of infection (swelling, heat, redness or pain), contact your Podiatry Department or GP.

### **Over-the-counter corn remedies**



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

**Podiatry Department**

**01384 321427** (9am-5pm, Monday to Friday)

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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