



## Why have I been given this leaflet?

**As a result of your recent foot assessment you have been identified as having an "MODERATE RISK" of a Foot Attack.**

**This is probably due to one or more of the following problems:**

- You have lost some feeling in your feet
- The circulation (blood flow) to your feet is reduced
- You have high levels of hard skin on your feet
- The shape of your foot has changed
- Your vision is impaired
- You may struggle to manage your own footcare



## Hints and tips

Please read the information enclosed and use it as a guide for keeping your feet healthy. Don't forget to speak to your GP / Nurse or Podiatrist if you do have any concerns.

## Contact us

We're here to help.

Get in touch with the podiatry team:  
Podiatry Department  
Knowle Clinic  
Broadfield Road  
Knowle  
Bristol  
BS4 2UH  
Tel: **0117 919 0275**

For further information about our Podiatry service and how you can access it, please visit our webpage at:  
[www.briscomhealth.org.uk/our-services](http://www.briscomhealth.org.uk/our-services)

You should expect a foot assessment at least every 6 months by your Podiatry team.

If you require this leaflet in another format or language, please contact us on [comms@briscohealth.nhs.uk](mailto:comms@briscohealth.nhs.uk) or ring 0117 900 2198 and we will be pleased to assist you.

## So, how are we doing?

Contact the team above to tell us about your service experience.

You can also feedback online here:  
[bit.ly/TellustodayPod](http://bit.ly/TellustodayPod)



Scan here to feedback



Last reviewed: 10/11/2015



## Podiatry Service

Patient information leaflet

**Moderate risk of developing a foot attack through diabetes**

*Helping you to live life well*



## HOW TO LOOK AFTER YOUR FEET



### It is a good idea to:

- Check your feet every day
- Looking for:
  - a. Callus (areas of thick hard skin)
  - b. Changes in colour
  - c. Breaks in the skin
- You can use a mirror or ask someone to help you if you find this difficult
- Maintain Safe blood sugar (glucose), cholesterol and blood pressure levels to prevent future problems by keeping the nerves and blood vessels safe
- Stop smoking; ask your GP or nurse if you need help quitting
- Check your shoes and socks for any signs of wear and tear to prevent rubbing on your feet
- Avoid walking without footwear as this increases the risk of injuring your feet



### Hygiene:

- Wash your feet daily in water avoid soaking them longer than 5-10 minutes as this can dry skin out
- You can use moisturising cream over the skin every day - avoiding the nails and between the toes
- Avoid surgical spirits on any breaks in the skin as they are harmful

### Thermal Injuries:

- Check the temperature of bath water before getting in
- Never leave a hot water bottle or electric blanket on your feet to 'warm' them
- Never 'warm' your feet in front of a fire or radiator
- Watch out for sand or hot tiles that could burn your feet
- Use sunblock to protect against sunburn

### Nail Care

We recommend that you file your toenails weekly, following the curve of the end of your toe and make sure that edges are rounded and smooth.

**If you choose to see a private podiatrist make sure that they are Health and Care Professions Council (HCPC) registered.**

### Foot attack:

This is an injury to the foot which fails to heal, and can start as a small break in the skin e.g. a blister or cut can quickly develop into a foot ulceration. This can lead to infection and in some cases this can lead to amputation.

### WHAT TO LOOK FOR AND WHO TO CONTACT

Is your foot red, warm or swollen? Even without a break in the skin.

Is there a break in the skin or any discharge / pus (or oozing) onto your socks / stockings?

Do you feel unwell?

You may not have pain even with a visible wound.

**If you develop any of these symptoms please contact your GP / Podiatrist or A&E on the same day.**

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