

- plaster or sterile non-adherent dressing
- Do not encircle toes with adhesive tape or tight bandages
 - Do not burst any blisters. If they burst, dress them with a sterile dressing
 - Cool any burns with cold water for 10 minutes. Afterwards cover the area with a non-adherent sterile dressing and seek medical attention
 - If any wound gets worse or doesn't start to heal in a couple of days seek professional help immediately

When to seek professional advice:

Prompt treatment for any problems is advisable. Seek advice from your Practice Nurse, Doctor or Podiatrist if you notice any of the following.

- Any colour change in the leg or foot
- Any discharge from a break or crack in the skin or beneath a toenail
- Any swelling or throbbing in any part of the foot or leg
- A part of the foot becomes much hotter than normal

Footwear Advice:

Choose the right shoes for the right occasion. If you are on your feet for a long time or have to walk around throughout the day, wear something that fits well and supports your feet. Well-fitting shoes with a strap or laces are good for walking and ankle boots with laces are good for longer walks. Wear trainers or sports shoes for specific sports. Save your 'going out' shoes for special occasions. Have your feet measured by a trained shoe fitter when possible.

If you have any queries regarding the information in this leaflet, please contact the podiatry service

Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website:

www.livewellsouthwest.co.uk/project/podiatry

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Podiatry Services Patient Information Leaflet



Diabetes & Foot Care For Children and Young People

(March 2023)

Wearing the Right Footwear

Preventative foot care advice is extremely important for young people with diabetes. Understanding the principles of good foot hygiene and the action to take when there are problems with your feet is important to help protect your feet for the future.

Hygiene and General Foot Care

Following these simple rules will help prevent basic foot problems:

- Wash your feet daily (and after sports if possible) with soap and water.
- Dry carefully especially between the toes where moisture may become trapped and can act as entry site for infection.
- Do not use talc or medicated powders on your feet - daily washing and a daily change of socks and footwear should keep the feet from 'getting too sweaty'.
- Wear clean socks or tights daily and avoid socks that are too tight.
- Wear good fitting footwear with a fastening, e.g. shoes should have laces, or a strap or Velcro fastening.
- Flip flops and open backed sandals can make the heels very dry and cracked.
- For dry skin use moisturising cream daily to keep skin supple and prevent cracks but avoid putting cream between your toes.
- Remember to use sun block on the feet during the summer or on holiday and do wear footwear to protect the feet from injury on the beach.
- Exercise including walking and swimming is very good for your health
- Attend your podiatry appointment for your foot check on a yearly basis

Nail Care

Toenails can be filed if you are worried about cutting the skin. Nails should not be allowed to get too long in case they catch on items and are subject to injury, or cause scratches on your legs by accident. When cutting you should never cut down the sides as this can lead to a painful in-growing toenail.

- Cut nails to follow the shape of the end of the toe – almost straight without any sharp edges
- Do not cut down the sides of the nail 'grooves', but keep the corners to the top of the toes.
- Ensure some of the free white edge is still showing
- Never use a sharp instrument to clean around the nails in case it causes an injury
- Avoid picking the nails, as they will become too short and short nails can cause problems such as ingrowing toe nails or skin tears can act as an entry site for infection

Verrucae

Verrucae are warts which are caused by the human papilloma virus (HPV). In healthy individuals the body builds up its own immunity to get rid of the verrucae virus.

Warts are contagious, but the risk of transmission is thought to be low. To reduce the risk of transmission:

- Cover the wart with a waterproof plaster when swimming
- Wear flip-flops in communal showers
- Avoid sharing shoes, socks, or towels

Limit personal spread (auto-inoculation) by:

- Avoiding scratching lesions and do not pull or pick the skin
- Do not file the verruca unless using disposable file as part of treatment pack
- The verrucae can be protected with a sticky tape such as a zinc oxide tape or leukotape which can be purchased at your pharmacy or online
- Avoiding biting nails or sucking fingers that have warts
- Keeping feet dry and change socks daily

First Aid Measures

- Clean wounds with some lukewarm salty water (ordinary table salt is suitable)
- Minor cuts and abrasions should then be covered with a clean