

## Footwear and Special Equipment

Always wear well fitting, spacious and comfortable footwear. In some special cases the Podiatrist may arrange for you to have special footwear or other devices to protect wounds and promote wound healing when pressure on your foot is a problem. It is very important that you use these devices as advised.

## Having a Problem with Your Wound or Dressing?

If you have any problems or concerns, require further information, or wish to discuss your wound care you can contact the Podiatry Service using the details below.

In urgent cases, such as suspected infection, you can also contact your doctor's surgery. You may not need to see a doctor as your practice nurse may be able to review your wound and either prescribe or obtain antibiotics for you should you need them. If you see someone else about your foot wound please remember to contact the Podiatry Service to let them know you have had a problem so we can arrange to see you again promptly.

## Out of Hours Help and Advice:

Call NHS111 if:

- you need medical help fast but it's not a 999 emergency
- you think you need to go to A&E or need another NHS urgent care service
- you don't know who to call
- you need health information or reassurance about what to do next



If you have any question regarding the information in this leaflet, please contact Podiatry Services

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](http://www.livewellsouthwest.co.uk/project/podiatry)

## Contact Details

Podiatry Services  
Beauchamp Centre  
Mount Gould Hospital  
200 Mount Gould Road  
Plymouth  
PL4 7QD

Tel: 01752 434855

Email: [livewell.podiatrypatients@nhs.net](mailto:livewell.podiatrypatients@nhs.net)

[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)

# Podiatry Services Patient Information Leaflet



## General Wound Care Advice

(March 2023)

Advice for patients on looking after  
your wounds and dressings

## Wound Dressings

Podiatrists use a variety of dressings and materials to care for wounds and this choice will depend on the type and nature of the wound being treated. The Podiatrist will explain your dressing, how it works and what, if anything, you need to do.

Dressings will usually need to be changed regularly and your wound reviewed. The Podiatrist looking after you will advise you about this. You may need to have frequent appointments with the Podiatry Service until your wound is healed.

Please follow the important advice given below to look after your wound and the dressing we have used in your treatment today.

## General Advice for All Patients

- Keep your dressing clean and in place - do not change it unless you have been told to do so.
- Keep your dressing dry – getting it wet will significantly increase the chance of the wound becoming infected
- Do not pick or disturb the dressing or wound
- Avoid covering the dressing with anything waterproof for more than a brief period to allow bathing or showering
- If the wound bleeds, raise your foot as high as you can and put pressure on the wound with a clean tissue (or sterile gauze if you have some) for 5-10 minutes. In most cases this should stop the bleeding, but if the bleeding is profuse or prolonged, please seek advice from your podiatrist, doctor or visit A&E.
- Keep pets and other animals away from your dressing
- Eat well and keep warm. Wounds need vitamins and minerals to help healing so make sure you eat a well-balanced diet to help your wound to heal.

## Keep your Podiatry appointments

Make sure you attend all your appointments and if you cannot attend please let us know so we can arrange to see you at another time. The Podiatrist may advise you of other things which are relevant to you alone – always follow their advice.

## Longstanding Wounds and Washing

If you have a wound such as an ulcer which may take a longer time to heal, the Podiatrist will advise you about devices you can use to allow you to have a bath or shower without affecting your dressings.

## Wound Infections

Most wounds heal well with no problems. However, it is important that you are able to recognise any signs of infection so that if this does occur, you will be able to seek help and get it treated promptly. Please look out for any of the following:

- increased pain at the site of the wound – but if you have neuropathy (loss of feeling) you may not feel any pain
- bright red skin around the wound area or dusky red streaks spreading up your foot or into your leg
- the area around the wound becomes much warmer or hot with
- increased swelling
- discharge from the wound (pus or bleeding) which worsens or comes through your dressing
- an unpleasant smell from the wound
- feeling generally unwell, feverish or a raised body temperature

If you have concerns about your wound please contact your podiatrist or doctor's surgery in the first instance. Details of "out of hours" help and advice are given on the back of this leaflet.

If you have diabetes and think you may have an infection you **must** contact a health professional immediately. Out of hours you should call NHS 111 (see overleaf) or go to your nearest Urgent Treatment Centre (UTC) or Emergency Department (also known as Casualty or A&E).

## Painful Wounds

Wounds are sometimes painful and if you experience discomfort, you may take painkillers, but consult your podiatrist, pharmacist, doctor or nurse if you are unsure what to take or how much. Always read the label on painkiller medicines and never exceed the dose unless told to do so by a health professional.