

DIABETIC FOOT ULCERS

DIABETES INFORMATION
AND ADVICE LEAFLET



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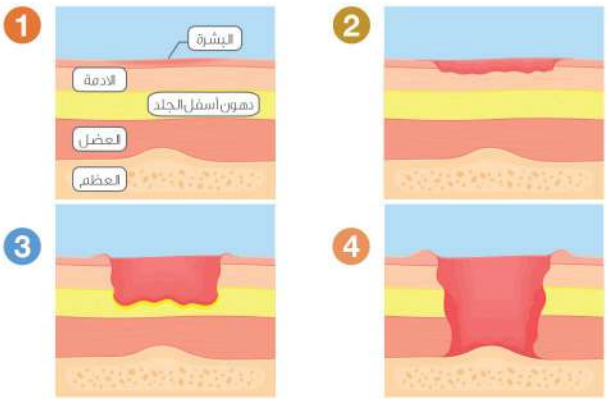
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You have a **DIABETIC FOOT ULCER.**

Diabetic foot ulcers are areas of skin which have broken down, exposing the flesh below.



Ulcers can occur anywhere on your feet. You will need to come to the Podiatry Department to discuss a treatment and management plan to heal the ulcer.



POSSIBLE TREATMENT

- Having good control of your
 - diabetes (4-7mmol/L),
 - blood pressure
 - cholesterol levels
- STOPPING smoking
- Taking medications as prescribed by your doctor
- Eating a healthy balanced diet to improve wound healing

DEBRIDEMENT

The Podiatrist may use a scalpel to remove hard skin (callus) and dead tissue surrounding or inside

the ulcer. Removing this tissue helps to heal the ulcer. Sometimes this can cause bleeding; this is completely normal and will be stopped before you leave the clinic.

DRESSINGS

Your ulcer will be covered by a dressing after each treatment, and you will be asked to arrange dressings at regular times between Podiatry appointments. Dressings are chosen to help protect the ulcer, prevent infection and manage any fluid that is leaking from the ulcer.

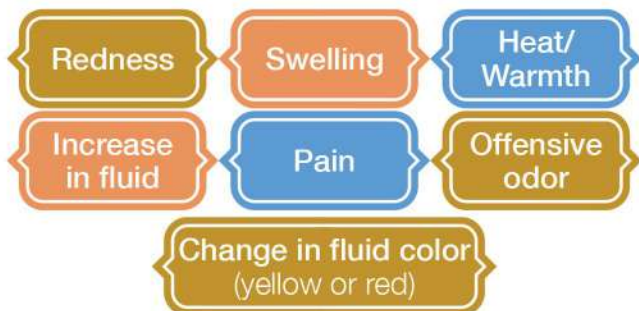
Keep dressings dry and covered at all times. Only remove the dressing if you have been advised to do so.

INFECTION

A foot ulcer can become infected, and the infection may become severe. It is important that you know how to spot early signs and symptoms of infection to prevent spread. If this happens, you will be given an antibiotic request form for your doctor to prescribe.

Tell your Podiatrist if you have any allergies to penicillin or other medications. Take the antibiotics as your doctor has prescribed.

SIGNS OF INFECTION



If you experience any of these issues, call **22242999** to make an urgent appointment with your Podiatrist.

OFF-LOADING

It is important that you wear the special footwear advised by the Podiatrist; this is to help your ulcer heal. These shoes must be worn all the time, including indoors. You should also limit the amount of time you walk or stand.

Some examples of off-loading footwear are shown below



ONWARD REFERRAL

Sometimes ulcers are too severe to be treated by the Podiatrist alone. You may be referred for further tests to check the blood supply to your leg.

You may need an X-ray or MRI to check that the bones in your feet have not been damaged or infected.

Sometimes you may need to be admitted to hospital for treatment. Your Podiatrist will discuss this with you.