

NHS Forth Valley
Podiatry Service

Holiday Foot Care Advice for People with Diabetes



The Journey

Long journeys on trains, buses or planes can make your feet swell. Make sure your shoes do not become too tight – take a pair of loose sandals for the journey.

Footwear

If you normally wear hospitals supplied shoes, then wear them on holiday too.

Remember that changing to ordinary shoes could cause an ulcer – and ruin your holiday.

Avoid walking barefoot; you may not be aware how hot the sand or pool tiles are.

Sunburn

Avoid sunburn to your feet and legs

Use sunscreen with a high protection factor or keep covered.

Foot check

Examine your feet daily for signs of swelling, colour change, pain or a break in the skin.

If there is an injury, wash the area with clean water (using bottled if necessary, if you can't drink the water don't wash your wound with it) and apply a sterile dressing. If you have any concerns seek medical help.

Holiday Check List

- Ensure you have enough of your prescribed medication with you.
- Wear appropriate footwear.
- Always use a high factor sun cream (but not between your toes)
- Keep checking your feet daily.
- Take a first aid kit with you.
- Remember your general foot care.
- Seek medical help if you have a problem.

Remember delays in seeking treatment may make foot problems worse.

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**Don't forget to have a fantastic
holiday.**

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If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times.

So if you are unable to attend, or no longer require your hospital appointment, please let us know so we can offer it to someone else.

SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks & any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.

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