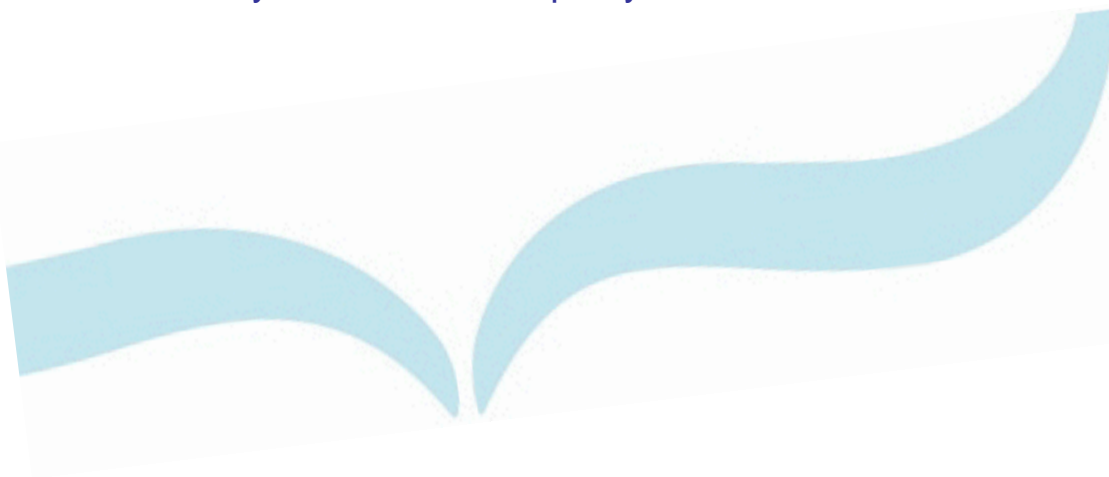


General Foot Health

Advice for People with Diabetes

Podiatry - Diabetic Neuropathy



Diabetic Neuropathy

Diabetic Neuropathy is a term used to describe nerve damage which most commonly affects the leg and the foot.

Effects of Diabetic Neuropathy Include:

- Lack of sensation
- Lack of awareness of pain
- Lack of awareness of hot and cold
- ‘Pins and needles’
- ‘Burning feelings’
- Shooting pains
- Numbness
- Dry Skin
- Foot deformity

The effects of Diabetic Neuropathy can be dangerous and overlooked because, “they don’t hurt”

What can I do?

- Good control of your blood sugar level is essential.
- Do not smoke.
- Avoid excessive alcohol.
- Attend your diabetic appointments.
- Follow the advice of your Diabetic Team.

Hygiene

- Good hygiene is important to prevent infection.
- Wash your feet daily in warm soapy water. (Always check the water temperature first)
- Dry feet well but gently especially between and under the toes.

Foot Care

- Look at your feet carefully every day for any changes such as;
- cuts, swellings, redness or discolouration as you may not have felt any change.

- Minor cuts and scratches may be rinsed with tap water and covered with a sterile dressing.
- If there is swelling, redness, throbbing, pain or pus present consult your Podiatrist, GP or Practice Nurse.
- Avoid walking barefoot
- Avoid extremes of temperature like; hot baths, being close to fires or radiators, hot water bottles.

Nail and Skin Care

- Cut toenails following the shape of the toes, not too short and never cut down the sides of nails.
- File nails to avoid ragged edges.
- If skin is moist, dry the area well and apply a light dusting of talcum powder.
- If skin is dry, use a moisturising cream daily but not between the toes. If you have callous/corns consult a podiatrist.
- **Never use sharp instruments or corn plasters** as this may lead to infection or ulceration.

Socks & Tights

Should be;

- Well fitting
- Without holes, rough seams or tight elastic
- Changed daily

Footwear

Should;

- **Fit well.** (Go to a shop that will measure and fit your shoes correctly)
- Have laces, buckles or Velcro straps to hold the foot in place
- Have rounded toes
- Be inspected daily. (Feel inside with your hands for ridges or sharp points and check that nothing has fallen inside)
- New shoes should be worn for short periods only to avoid blisters and chaffing

Warning Signs!

If you have any of these signs and you feel unwell with fever or flu like symptoms. It is important you get your foot checked.

Colour – a change in colour in any part of you foot.

For example

- A toe becoming red, blue/black or unusually pale.
- A red area on the foot.
- Bruising or brownish speckles on hard skin.
- Whole foot changing colour.

Pain - any new pain or throbbing in your foot.

Remember you may not feel pain properly if you have neuropathy. **Temperature** – if your foot feels warmer than usual, this might indicate infection and some swelling may also be present.

Discharge - if there is blood, pus or watery fluid leaking from your skin or nail, this may have an unpleasant smell.

Emergency Contact Details

Podiatry Headquarters: Tel 01259 290512

Or your own Doctor

**If they are not available and you think the problem is serious -
Go to the Accident & Emergency centre or contact
NHS24 on 111**

AHP Outpatients Services – Podiatry
Top Floor, Clackmannanshire
Community Health Care Centre, Hall
Park, Sauchie. FK10 3JQ.
Tel: 01259 290511

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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

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