

## How to look after your foot ulcer

Do not touch the dressing unless you have been shown how to remove and replace it and you have suitable dressings ready to replace the one you are changing.

### **Do not get your dressing wet**

As this may prevent healing or allow bacteria to enter the ulcer. This will cause more problems. You can purchase a dressing protector to allow you to have a bath or shower safely while keeping your dressing dry.

**Continue to check your feet every day** – for any other problem areas or danger signs

**With the current outbreak of Coronavirus (COVID-19) it's very important during self-isolation you don't forget your foot wound, as flu like fevers can also be caused by an infected foot wound. Regular foot checks are very important to identify the infection so appropriate treatment can be put into place.**

### Danger signs:

You should pay close attention to any of the following danger signs when checking your feet:

- Is there any new pain or throbbing?
- Does your foot feel hotter than usual?
- Are there any new areas of redness or swelling?
- Is there any discharge or pus?
- Is there a new smell from your foot?
- Do you have any flu-like symptoms?

### **Antibiotic treatment**

You will be given antibiotics if there are signs of infection in the wound or in the nearby tissue. Report any problems you have with the antibiotics (rashes, nausea or diarrhoea) to the person who prescribed them for you. If this person is not available contact your GP immediately. Do not stop taking your antibiotics unless the person treating you or your GP tells you to do so. Make sure you have enough antibiotics to finish the course so your treatment isn't interrupted. If the infection is spreading, you may need to go to hospital.

**Cardiff and Vale Podiatry Service. Tel: 20335135/134 Office Hours:  
Monday – Thursday 9am to 12.00 noon 1:30pm to 16:00pm Friday 9am to 12.00 noon**