

Hints and tips on wound care for your feet

Information for patients from Podiatry Services

If you have a break in the skin of the foot which is discharging, red, swollen, painful or is slow to heal please take the action below:

- > If you are a registered NHS Podiatry patient contact your local Podiatry department for advice.
- > If you are not registered with an NHS Podiatry Department you should contact your GP or treatment room nurse as soon as possible.

Until medical advice has been obtained you should:

- > Wash your hands.
- > Cover the wound with a dry clean sterile dressing or plaster to prevent cross infection.
- > Keep the dressing dry and clean and rest the area as much as possible. Ensure there is no pressure from your footwear over the affected area(s).