



Oxford Health
NHS Foundation Trust

Podiatry

Looking after your foot ulcer - dressing advice

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Changing your foot dressings

You and your podiatrist have agreed that you will be changing the dressings to your foot ulcer or wound between your podiatry appointments.

The ulcer/wound is located below.



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Dressings issued

When should your dressings be changed?

How to change your dressings?

What should you do?

- Keep your dressings dry. Consider a waterproof dressing protector.
- Do not soak your dressings off.
- Wear footwear recommended by podiatrist.
- Alert your care provider if you have any concerns.
- Continue to check your feet every day.

You are looking for any changes in your feet. Pay particular attention to spotting danger signs.

Danger signs

If you notice any of these danger signs, you must contact a member of the foot protection team: OCDEM, local podiatry clinic or GP for advice as soon as possible (within 24hours).

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

If a member of the foot protection team is not available, go to your local accident and emergency department.

Antibiotic treatment

You may have been given antibiotics if there are any signs of infection in the wound or nearby tissue.

Please report any problems you may have with antibiotics (for example, a rash) to the person who prescribed them.

DO NOT STOP taking them until you have finished the course or the person who prescribed them informs you to.

Individual advice

Contact numbers

Local podiatry clinic

OCDEM Diabetic foot clinic

Your GP surgery

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road, Oxford OX4 4XN

Phone 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971
Email PALS@oxfordhealth.nhs.uk

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