

Podiatry

Looking after your foot ulcer - dressing advice

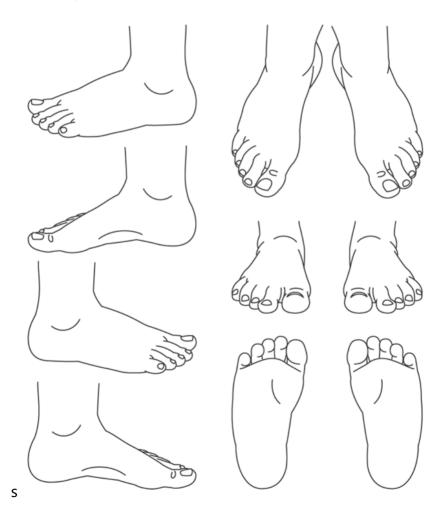
Contents

Changing Your Foot Dressings	3
When Should Your Dressings Be Changed?	4
How To Change Your Dressings?	5
What Should You Do?	5
Danger Signs	6
Antibiotic Treatment	6
Individual advice	7
Contact numbers	7
Accessibility	8
Get in touch	8
Feedback	8

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.



Dres	sings is	sued			
	en shou nged?	ıld yo	ur dre	essings	be

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

Become a member of our foundation trust: www.ohftnhs.uk/membership

Support Oxford Health Charity, making a difference to patients, their families and staff who care for them: **www.oxfordhealth.charity**