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Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Footcare for children with diabetes *(page 1 of 3)*

Diabetes can have an effect on the blood and nerve supply, which can lead to complications in the leg and foot. This can slow down the healing process in the body and reduce the sensation to pain, temperature and pressure.

Not everyone will develop these problems, but ALL people with diabetes should follow the same rules of footcare to prevent problems developing. Keeping your blood sugar and weight under control is very important, as is not smoking. If you develop any ulcers, cuts, blisters or ingrown toenails, contact your diabetes team or GP immediately.

Check your feet every day

- look especially in between your toes and around your heels
- be aware of any cuts or anything unusual
- tell your chiropodist/podiatrist or one of your diabetes team about any changes in your feet.



Check your shoes



- are there any rough seams or small objects caught in the shoe?
- do your shoes still support your feet well?
- are the soles still thick enough to protect your feet?



Keep your feet really clean

- wash your feet every day with warm water and mild soap
- dry thoroughly, especially in between your toes
- separate toes carefully
- use only a light dusting of talcum powder
- change your socks or tights every day.



Moisturise your feet

- apply a moisturising cream (such as E45) after washing to help keep

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skin supple and avoid cracking, but take care not to put cream between your toes.

- don't use corn or hard skin remedies.

Check for areas of moist skin

- this is found mostly in between the toes and may lead to Athlete's Foot. If you think you have got athlete's foot, ask the chemist or your GP for advice on how to treat this.

Take care of your toe nails

- trim nails straight across, not too short, and file any rough edges
- if you are unsure or have any difficulties, contact your diabetes team or Podiatry Department
- never poke down the edges or try to cure in-grown toenails yourself.

If you find a cut

- breaks in the skin should be washed in warm water and a very dilute antiseptic solution. Cover with a dry sterile dressing
- if there is swelling, redness, throbbing pain or pus, consult your chiropodist/podiatrist, GP, practice nurse or the Diabetes Clinic immediately
- do not burst any blisters - seek help.

What you wear on your feet is very important

- always ask for your feet to be measured. Wear a well fitting shoe. Always watch the depth and width and allow plenty room for your toes.
- watch the seams around the shoes; they may rub your toes and allow corns to develop
- if you have any loss of sensation in your feet, try to avoid sandals as they provide no protection.

Holiday feet

Going on holiday can cause foot problems, so follow these simple precautions to ensure a trouble-free time.

Going on holiday

Long journeys on trains, buses and planes can make your feet swell. Walk up and down the aisle every half hour - the exercise will help keep the swelling down. Make sure your shoes don't become too tight - take a pair of loose sandals for the journey.

Shoes

Avoid walking barefoot. On the beach, and in the sea, wear plastic sandals.

Don't get sunburnt

Use a sun screen with a high protection factor all over - don't forget your feet. Alternatively

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keep your legs and feet covered when you are out and about.

Taking care of your skin

If your skin gets very dry in the hot weather, you may need to apply more moisturising cream than usual. Pay special attention to your heels - dry skin here cracks easily.

First aid

Take small sterile dressings, antiseptic and micropore on holiday. Clean any small blisters, cuts or grazes with diluted antiseptic and tape on a dry dressing.

Check your feet

Examine your feet every day - check for sores, swelling and colour changes. If any of these problems develop, then see a doctor.

Remember, delays in seeking treatment may make foot problems worse. Seek early treatment for all holiday foot problems.