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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

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.

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Date written: November 2011
Last revised: May 2017
Review date: May 2020
Version: 2.0
Code: PI0889

Footwear for people with diabetes (1 of 2)

You have been given this leaflet because you have diabetes and have been given special shoes.

How long should I wear my shoes?

- wear your shoes for short periods until they feel comfortable
 - * for the 1st week wear your shoes for 30 minutes 3x a day
 - * after the 1st week increase the length of time you wear your shoes by a15 minutes every day
 - * gradually build up length of time that you wear the shoes for until you can wear your shoes all day
- each time you take off your shoes check your feet.

Why do I need to check my feet?

Due to your diabetes you may have loss of feeling or reduced blood supply to your feet. This makes your feet more at risk of injury. It is important that you look for changes in your skin or nails, for example:

- blisters
- hard skin
- swelling
- warmth/redness that last longer than 10 minutes
- cuts
- ulcers.

If you find any of these changes you should stop wearing your shoes immediately and contact us at the Orthotics Department and either your podiatry clinic or practice nurse.

What else do I need to do?

To avoid injury to your feet check inside your shoes before you put them on. Look for:

- correct insoles
- grit
- sand
- stones
- pins

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- loose objects.

Remove insoles and check for wear and tear and put them back into your shoes.

What happens next?

You will be given an appointment to check your new shoes. If you have not been given one then please telephone the department to arrange one – 6-8 weeks after initial fitting.

At your review appointment, if you and your clinician are happy with your first pair of shoes and you both feel it is needed, a second pair will be ordered.

The second pair of shoes will allow you to wear one pair of shoes while having the other pair repaired.

Shoes should be taken to a shoe repairer if they need mending (such as due to worn or uneven heels and soles, damage to fastening.) This can be done by a local shoe repairer or the Orthotics Department can do this for you (there is a charge for this). If you would like the Orthotics Department to do this please drop the shoe/shoes into the department with details of your name, date of birth, hospital number and any other relevant information you would like passed to the repairers / Orthotist.

Opening hours

Monday to Friday 9 am – 5 pm

Once a pair of shoes is beyond repair or the condition of your feet changes, you will need to **bring them back** to clinic to be checked. A new pair will be ordered if needed.

How do I care for my shoes?

Leather shoes should be polished regularly.

Nubuck and suede shoes should be cleaned using brushes and specialist cleaners. You can buy these at most shoe shops.

Wet shoes should be allowed to dry thoroughly before wearing. Dry in a well ventilated area at room temperature. Do not put shoes on a radiator, near a fire, in a tumble dryer or in an airing cupboard. Mud and heavy soiling should be removed with a damp cloth before shoes are left to dry.

Cost of footwear and insoles

Please note Salisbury District Hospital ask for a contribution towards the cost of shoes and insoles that are provided by the Orthotics department. There is a list of suggested payments but you do not have to pay these. If you cannot pay the suggested amount, you may like to make a smaller payment. If you do this it will not affect your treatment or care. We are very grateful for any payment you can make.