

Remember:

- ◆ Diabetes is a lifelong disease that can lead to many complications. Careful management by you and your physician may lessen your chances of these complications
- ◆ Poorly controlled blood sugar will delay healing
- ◆ Inspect your feet daily with a mirror
- ◆ Neglecting small wounds can lead to serious complications which may result in loss of limb
- ◆ Use **moisturizers** on your feet to help reduce dryness and cracking but **do not use on the ulcer site or between the toes**
- ◆ Wear your special shoes
- ◆ Keep shoes next to your bed so that you don't walk barefoot
- ◆ Protect your feet from hot sidewalks or cold environments
- ◆ Do not put anything into an open wound that isn't prescribed by your physician

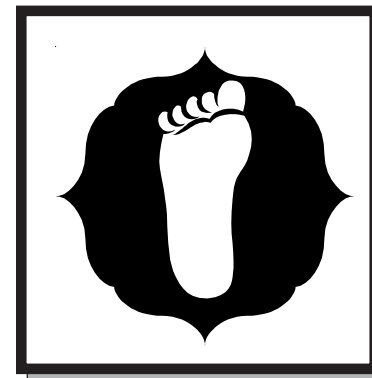
Unfortunately, 6 out of 10 people with a diabetic foot ulcer will get another ulcer. You can lessen your chance of developing a new wound if you:

- ◆ Inspect your feet daily for signs of redness, blisters or sores
- ◆ Wear prescribed footwear whenever walking
- ◆ Wear clean, absorbent socks with your shoes
- ◆ **Never trim corns and calluses at home**
- ◆ Seek professional assistance with foot and nail care
- ◆ Never go barefoot
- ◆ Never soak your feet
- ◆ Avoid extreme temperatures

This booklet is not intended as a substitute for professional medical care.

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Diabetic Foot Ulcer



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Diabetic Foot Ulcer: A wound that is caused by prolonged pressure or trauma to a foot with little or no sensation



The Neuropathic Foot may result in the development of the following conditions:

- ◆ Dryness and cracking
- ◆ Loss of feeling in the foot
- ◆ Pulling up of the toes
- ◆ Turning inward of the foot
- ◆ Flattening of the arch

Causes:

- ◆ History of diabetes
- ◆ Poorly controlled blood sugar
- ◆ Poor circulation in legs and feet
- ◆ Loss of feeling in the feet

The Wound Center provides help through:

- ◆ Trained healthcare professionals to care for your wound
- ◆ Complete wound evaluation
- ◆ Diagnostic testing
- ◆ A treatment plan made for you
- ◆ Education on the treatment of the wound
- ◆ Education to help prevent new wounds

Your first center visit:

- ◆ History and physical
- ◆ Testing for feeling, blood flow and oxygen supply to the feet
- ◆ Examination of the wound
- ◆ Possible removal of dead tissue
- ◆ Education on how to care for your wound at home
- ◆ Further testing if needed

Follow up visits:

- ◆ Reexamination of your wound
- ◆ Review of test results
- ◆ Removal of dead tissue
- ◆ Continuing education

When can you walk on your foot?

- ◆ After your wound has healed, your doctor will tell you when you can walk
- ◆ You will need to obtain special shoes or inserts for your shoes before you start walking. This will prevent pressure areas on your feet

How can you help?

- ◆ Follow weight bearing instructions
- ◆ Regularly monitor your blood sugar
- ◆ Maintain your blood sugar in a normal range
- ◆ Follow your diabetic diet
- ◆ Take medication as ordered
- ◆ Stop smoking
- ◆ Inspect your feet daily

You should call the Wound Center if you experience:

- ◆ Increased pain at the wound site
- ◆ New redness, blisters, or sores on either foot
- ◆ Redness or swelling around the wound or spreading away from the wound
- ◆ Foul odor coming from the wound
- ◆ Any change in color or amount of drainage from the wound
- ◆ Fever or chills
- ◆ Nausea or vomiting