

## **When can you walk on your foot?**

- ◆ After your wound has healed, your doctor will instruct you on 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

### **Remember:**

- ◆ 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 special shoes or have special inserts made for your shoes to redistribute your weight more evenly
- ◆ Keep shoes/slippers 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

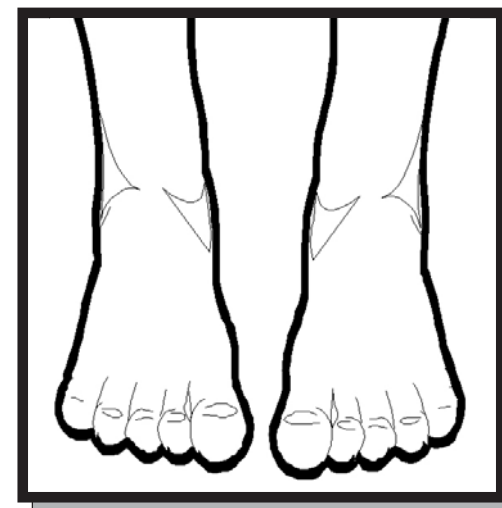
**Unfortunately 6 out of 10 people with a neuropathic ulcer will develop another ulcer. You can help lessen your chance of a new wound if you:**

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

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

PCS.5.1.21-F (7/2001)

# **Neuropathic Foot Ulcer**



## **Center for Wound Healing and Hyperbaric Medicine**

240 Williamson Street, Suite 104  
Elizabeth, NJ 07207

(908) 994-5480  
Fax: (908) 994-5495

  
**TRINITAS**  
HOSPITAL  
Center for Wound Healing  
& Hyperbaric Medicine

**Neuropathic Foot Ulcer: A wound that is caused by prolonged pressure or trauma to a foot which has 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

***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 visit to the Wound Center:***

- ◆ 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



***How can you help?***

- ◆ Follow weight bearing instructions
- ◆ 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