Your current foot risk level

Your most recent foot screening has shown that your risk of developing foot complications and foot ulcers because of your diabetes is:

(low / medium / high / in remission)

Contact us

Milton Keynes Podiatry Service

Tell us, we're listening!

at www.cnwl.nhs.uk/ feedback then we'll

Individual advice:

Bletchley Therapy Unit, Whalley Drive, Bletchley, Milton Keynes, MK3 6EN Telephone: 01908 72 4766 Email: podiatryreferrals@nhs.net

GP Clinic:

Adapted by CNWL, from the original leaflet produced by the Scottish Diabetes Group-Foot Action Group

This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية **Arabic**

این مدرک همجنین بنا به در خو است به زبانهای دیگر ، در جاب در شت و در فر مت صوتی موجود است.

Farsi

এই ডক্মেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado. Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio. Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish

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Ref: 1256 JAN2019 | January 2019



Advice to help you care for your feet on holiday

Diabetes information and advice to help protect your life and limbs





Why should I be worried about my feet while on holiday?

You have been given this advice leaflet because you are going on or thinking of going on holiday.

Due to your diabetes, your feet are at risk of developing problems. This risk can sometimes increase while you are on holiday.

When you are on holiday your routine and environment change and you may be more active than usual, which can put your feet at increased risk of developing problems which can become serious.

If you discover a small blister or a cut, graze or any break in the skin of your feet, cover them with a sterile dressing. Do not burst blisters.

This leaflet contains advice to help you care for your feet yourself while enjoying your holiday.

What can I do to reduce my risk of developing foot problems?

On the journey

Long journeys can make your feet swell. Try to walk about every half hour if possible even a short distance will help. This will keep swelling down. Remember your feet may swell in the heat, so make sure your shoes are not too tight.

Check your feet every day

You should check your feet at least once a day for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness, just as you would at home.

Skin care for your feet

You should wash your feet regularly in warm water and with a mild soap. Rinse them thoroughly and dry them carefully, especially between the toes. Do not soak your feet as this can damage your skin.

If your skin is dry, apply a moisturising cream, avoiding the areas between your toes. You may need to apply extra moisturising cream if your skin gets very dry in hot or cold weather.

Toenail care

Carry on cutting your toenails as your podiatrist has advised you to.

Avoid walking barefoot

Always wear footwear, even on the beach. The sand can become very warm and you may burn your feet without realising it. If you go into the sea, wear some sort of footwear such as plastic shoes to protect your feet.

Avoid wearing 'flip-flop' type footwear as this may cause blisters between your toes.

Prescription shoes

If you have been supplied with prescribed shoes, do not wear any other shoes during your holiday (except when you are in the sea).

Minor cuts and blisters

Take a small first-aid kit containing sterile gauze dressings and micropore tape. If you get a small blister, cut or graze, use diluted antiseptic on a gauze swab to clean the wound and tape on a dry sterile gauze dressing. Do not use cotton wool.

Medications and prescriptions

Make sure that you pack any antibiotic prescriptions, dressings, insoles and footwear that have been prescribed and issued to you.

If you smoke, you are strongly advised to stop. Smoking affects your circulation and can increase the risk of amputation.

Avoid high or low temperatures

Protect your feet from sunburn with a high-factor sun-protection cream (factor 30 or above) or keep them covered. Do not use dark-coloured materials to protect your feet as they absorb heat and you could burn your feet.

If you have any concerns or discover any problems with your feet, contact the podiatry clinic or GP for advice immediately.

What should I do if I have a concern or a problem with my feet?

It is important that you check your feet regularly, especially when on holiday as you may be more active than usual.

If you develop any of the following problems, it is important that you get medical advice immediately, as any delay can have serious life-and limb – threatening consequences.

- A red, hot, swollen toe or foot
- A new break or wound in the skin
- New redness or discolouration of your toe or foot
- New or unexplained pain in your foot

When you get home, you must report it to your Multidisciplinary Foot Care Team, local Podiatry Department or GP within 24 hours.

Happy feet will help you to enjoy your holiday.

