**Diabetes & Foot Health: Advice & Treatment**

A guide for patients with Type 2 Diabetes

**Why Foot Care is Important in Diabetes**

Type 2 diabetes can affect your feet by reducing circulation and damaging nerves (diabetic neuropathy). This increases the risk of infections, ulcers, and slow-healing wounds. Regular foot care is essential to prevent complications.

**Foot Care Advice for Patients with Type 2 Diabetes**

Daily Care Routine

✔ Check your feet daily – Look for cuts, swelling, or colour changes.

✔ Wash and dry thoroughly – Avoid soaking, and dry between toes.

✔ Moisturise – Apply cream to dry skin but avoid the spaces between toes.

✔ Trim nails carefully – Straight across, not too short. Seek professional help if needed.

✔ Wear well-fitting shoes – Avoid tight or high-heeled shoes.

✔ Avoid walking barefoot – Reduces the risk of injury.

**Signs of Foot Problems – When to Seek Help**

⚠ Redness, swelling, or warmth in the foot

⚠ Cuts, sores, or blisters that don’t heal

⚠ Numbness, tingling, or burning sensations

⚠ Sudden pain or changes in foot shape

⚠ Discharge or foul-smelling wounds

**Treatment & Management Plan**

Your treatment from your foot health practitioner might include:

☐ Nail care & reduction of thickened nails

☐ Removal of corns & calluses

☐ Wound/ulcer assessment & dressing advice

☐ Footwear & orthotic recommendations

☐ Diabetic foot screening (monofilament/vibration tests)

☐ Referral to GP/Podiatrist for further assessment

**Contact Information**

For urgent foot concerns, contact your GP, Podiatrist, or Diabetes Specialist Nurse immediately.

For routine foot health appointments, contact:

[Your Clinic Name]

📍 [Clinic Address]

📞 [Phone Number]

📧 [Email Address]

🌐 [Website]