

Podiatry following your Amputation

Podiatry Amputee Foot care

It is very important to look after your remaining foot. You should never ignore a minor problem because it could turn into a larger problem and need hospital care.

Please follow the instructions below:

- Examine your foot daily.
- Wash your foot daily. Test the water temperature first with your elbow to avoid burns.
- Dry your foot carefully, especially between the toes.
- Cut and file toe nails smoothly. If you have altered sensation please have your toenails cut by a podiatrist.
- Apply a non-perfumed moisturiser around the heel and sole –not in-between the toes.
- Breaks in the skin should be covered with a dry sterile dressing -do not burst blisters as this can cause an infection.
- Never use sharp instruments on your foot.
- Please do not use corn plasters as they contain acid.
- Avoid direct heat.
- Make sure your shoe fits well.
- Keep in touch with a podiatrist.

Choosing Footwear

Foot problems can affect anyone. Patients with diabetes may encounter the following:

- Poor circulation,
- Poor feeling in your foot
- Your foot is misshapen.
- Any injury to the foot can break the skin, let infection in and lead to an ulcer.

- Poorly chosen shoes are a common cause of such injury, leading to these serious problems, even including amputation.
- Your choice of footwear is so important. Good foot care must include choosing the correct footwear. The right shoes and stockings/tights/socks will help to keep your feet healthy. Having an amputation should not, in itself, cause you difficulties in finding suitable shoes.
- Shoes that do not fit well can cause corns, calluses, in growing toe-nails, blisters and ulcers. Remember, because there might be a problem with numb sensation in your feet, don't be fooled into thinking your shoes and socks are safe just because they are comfortable. Maybe you simply can't feel that they are tight. If you have neuropathy (poor feeling) or poor circulation in your foot, continued rubbing or pinching by unsuitable shoes can cause serious damage without causing you any pain.

How can I help myself?

- Ensure the shoes you buy are suitable for you, you should:
- Have your foot measured for size and width
- Have a deep and rounded toe area which accommodate your toes,
- Ensure a flat or low heel to help with stability and reduce risk of falls.
- Shoes should be fastened by lace, buckle or Velcro strap to keep the heel in the back of the shoe – this prevents the foot from being able to slide forward and crush the toes.
- Always examine the inside of your shoe for sharp objects or stones before putting them on and replace damaged inner sole linings.
- Avoid socks, stockings or tights with wrinkles or prominent seams. Stockings or socks with over tight elastic tops should also be avoided as they may restrict the circulation. Never wear socks with darned areas or holes which can also cause rubbing and damage.

Seeking help and what care to expect

- You should have full education about foot care. Your foot should be examined every year. If you have a misshapen foot or poor circulation and lost feeling then you should have specialist care. All of this includes clear advice about footwear. If your feet are at high risk, you should be assessed formally for special footwear.

- If you are unsure of which fit or style is suitable for you, ask your prosthetic team for advice or ask to see a specialist chiropodist. You must report urgently to your doctor/diabetes team if there are any foot problems.

East Cumbria Podiatry Clinic, North Carlisle Medical Centre, Eden Street
Carlisle CA3 9JZ Telephone 01228 608020

West Cumbria Podiatry Clinic, Flatt Walks Health Centre, 2 Castle Meadows,
Whitehaven CA28 7QE Tel 01946

If you have any questions please contact us at;

Disablement Services Centre, Rehabilitation Department
Lower Ground Floor, Cumberland Infirmary
Carlisle, CA2 7HY Tel: 01228 616868 Mon – Friday: 08:30 – 16:30

Transport

Transport is available, if you meet the eligibility criteria Otherwise you will need to make your own way to the DSC. Please phone 0800 032 3240 to book your own transport.

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the [Subject Access Coordinators](#)
SACCIC@ncuh.nhs.uk or SACWCH@ncuh.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the PALS team (Patient Advice and Liaison Service) on 01228 814008 between 10.30 and 4.30 Monday to Friday or email PALSCIC@ncuh.nhs.uk.

If you would like this factsheet in another language or format, for example Braille, large print or audio the PALS team will be able to assist you (contact details above)

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