

**Individual Advice**  
(Specialist notes)

Lined area for specialist notes.

**Foot Doctor Contact Information:**

Lined area for foot doctor contact information.



**MEDICAL CONTACT INFORMATION**

Primary residence of patient:

GP Practice or Clinic:

Contact Information:

Clinic location:



# Deadly Feet

Your footcare is important!

We respectfully acknowledge the past, present and future custodians of this land.



## Looking after your wound

**Check your foot everyday:** Look for any problems or warning signs.

**Do not get the dressing wet:** When your dressing gets wet bacteria can get into the wound and slow down the healing.

**Moisturise your feet:** If your feet are dry, apply moisturising cream daily.

**Footwear:** Always wear enclosed footwear or special boots from foot doctor

**Attend your appointments:** Always go to your appointments to have your feet or wound checked even if it's nearly healed.

**Antibiotics and medications** If you have an infection you will need to take antibiotics. It is very important that you take your medicine. Especially your diabetes medicine in your webster pack.

## SEE THE FOOT DOCTOR OR CLINIC IF

- Pain or throbbing
- Hot or warm foot
- Red or swollen foot
- Smell
- Pus leaking from wound
- Feeling sick or flu-like symptoms

# Diabetes and your feet

Diabetes can cause damage to the nerves and blood vessels in your feet. When this happens, it can affect:

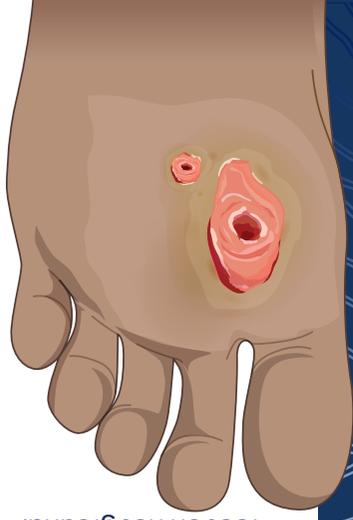
- The Feeling In Your Feet
- The Blood Flow In Your Feet
- Slow Healing After Injury

## You may get a foot ulcer

A diabetic foot ulcer looks like a wound or sore. This is broken down skin with exposed tissue underneath.

For some people with diabetes, the wound or sore does not heal well and this can develop into an infection.

When you have nerve damage sometimes you can't feel anything under your foot. You may not know you have a sore there. It is very important to always check and clean your feet because you may have stepped on a piece of glass, stick, prickle or walked on hot ground and burnt your foot on hot ground.



Please visit your nearest Aboriginal Medical Service (Clinic) or Community Clinic, if you have any concerns about Diabetes or foot related problems.

This resources can be found at <https://kams.org.au/resources/health-promotion/>

## DEADLY FEET

Looking after your feet is important!

Check feet every day



Check shoes every day



Wear suitable shoes, don't go barefoot



Don't cut nails if it doesn't feel safe



Keep heels crack free Use Cream



Pain? Redness? Swelling? Sores? Get help quick!



Control blood sugar levels



Regular foot checks at clinic

