

A Guide for Patients and Families

Wound Care for Foot



Caring for your wound



If you have a wound, clean using normal saline, dab and dry the area carefully with sterile guaze/cotton



Apply an antiseptic and cover with a clean, dry dressing

Use the wound dressing product as recommended by your health care professional

Change dressings at the interval recommended or when they are wet or soaked through



Monitor the wound daily
Seek immediate medical attention within 24 hours if worsening

How to perform basic wound care



WATCH VIDEO

Tap or scan to watch
"Step-by-Step Basic
Wound Care"

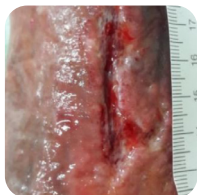


Red Flags and when to Escalate

Signs of a Diabetes Foot Attack

Seek **immediate medical attention** if the following signs are present in the lower limb or from a wound:

- ◆ Redness, warmth and/or swelling
- ◆ Sudden/increased pain
- ◆ Pus
- ◆ A new break or wound in the skin
- ◆ Sudden changes to skin colour i.e. black, dark red or purple
- ◆ General bodily symptoms - fever, chills



Wound infection:
Redness, warmth
and swelling



Right 3rd toe
purplish
discolouration

If your wound has deteriorated, you are advised to go to your regular podiatrist, wound nurse, doctor, or foot clinic for immediate review.

If you are having a fever or any signs of infection related to your foot wound, you are strongly advised to go to the Emergency Department

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