

Your Guide to Prevent Serious Foot Problems

How to spot a “Foot Attack”



What is "Foot Attack" ?

A **serious worsening of foot condition** in a person with diabetes which you need to **see a doctor immediately**

This might be

- 1 A new foot ulcer
- 2 A red, hot, swollen foot
- 3 A new foot infection and/or
- 4 A change in colour of the foot or toes (pale, purple, or black)



Discharge



Swollen red and hot foot



New wound



Gangrene

Occurs after an **injury to a foot** with **reduced feeling or blood supply** which may be a result of poor diabetes control. **It is important to control your blood sugar.**



What is a Diabetic Foot Ulcer?

A wound, tear, hole or break in the skin over the foot and ankle which may



Blister

Start from a blister, or bleeding, or puncture from something sharp



Poor nail trimming techniques or trauma leading to nail puncturing the flesh

Allow bacteria to enter and lead to an infection



Develop into gangrene (dead tissue), bone infection, and blood infection



Warning signs of “Foot Attack”



Contact the doctor you are on follow up with or go to the Emergency Department if you have any of the following:

- Red, hot, swollen foot
- Fluid (pus) leaking out from your existing wound, staining your socks/shoes or increased foul smell
- Toe(s) or ulcer turning pale, purplish or black
- Fever or chills



Remember that with diabetes, you may not feel pain even when you see a wound on your foot.

"You should check your feet daily to look for any of the above changes. Identifying these early warning signs and highlighting them to your doctor will give you the best chance of healing."



Treatment of a “Foot Attack”

Your foot ulcer will be assessed by our team of doctors, nurses and/or podiatrists.



Podiatrist



Doctors specialised in blood vessel, bone and diabetes



Nurses specialised in wound care and diabetes

Early management of your foot condition can prevent it from getting worse so that hospital admission, operation or amputation can be avoided.

Treatment may include:

- 1 **Medications** to control **infection** and **blood sugar level**



- 2 Specialised **ulcer treatment** and dressings, if needed



- 3 **Reducing walking** on the foot with wound as much as possible



- 4 **Wearing the devices** (boots/shoes) **recommended** by the foot specialists



- 5 Closely **follow the changes** made within your shoes to relieve pressure over the wound site



- 6 Ways to **improve blood supply** to your foot



How do I help my foot ulcer to heal?

- 1 Attend all appointments** with your doctor, nurse, or podiatrist.



- 2 Keep good control of your diabetes** and **take your medications** as advised.



- 3 Keep your dressing dry** and **change it regularly** as instructed.



- 4 Reduce walking** and **wear** the correct **footwear/boot** recommended by the nurse/podiatrist.



- 5 Check both feet daily** for any other new wounds or ulcers, especially between your toes.



- 6 Seek medical attention immediately** if new foot wound appears or healed foot wound breaks down.



Who should I contact for medical help?

Immediately contact the following clinic where you are on follow-up.

Lower Extremity Amputation Prevention Programme (LEAPP) Clinic

(Monday - Friday, 8:00 am to 5:30 pm) at:



Tan Tock Seng Hospital
Clinic 2A

+65 6889 4258

+65 6357 7000
(Hospital Mainline)

Khoo Teck Puat
Hospital

+65 6555 8828

Alternatively, you may go to your **nearest polyclinic, family doctor clinic or Emergency Department.**



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