

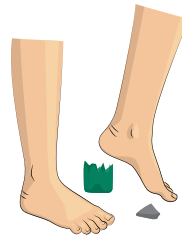
FOOT CARE FOR INDIVIDUALS WITH DIABETES



RINSE OR BATHE YOUR FEET BRIEFLY IN LUKEWARM WATER



AFTER BATHING, ENSURE THAT THE SPACES BETWEEN THE TOES ARE THOROUGHLY DRIED AS WELL



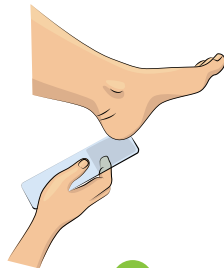
AVOID WALKING BAREFOOT (EVEN AT HOME)



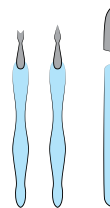
AVOID WARMING YOUR LEGS NEAR THE FIRE, HEATING SOURCES, OR HOT WATER BOTTLES



IT IS ADVISABLE TO APPLY PRODUCTS SPECIFICALLY DESIGNED FOR DIABETIC FOOT CARE TO THE FEET



IT IS ESSENTIAL TO REGULARLY REMOVE HYPERKERATOSIS USING A GLASS FILE



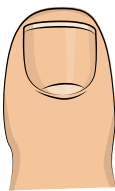
THE USE OF SHARP TOOLS SHOULD BE AVOIDED WHEN CARRYING OUT A PEDICURE



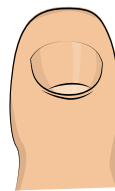
IT IS IMPORTANT TO BE MINDFUL OF THE RISKS RELATED TO FROSTBITE



REGULAR INSPECTION OF THE FEET SHOULD BE PERFORMED ON A DAILY BASIS



ENSURE THAT THE NAIL IS CUT IN A STRAIGHT MANNER



IT IS IMPORTANT TO AVOID EXCESSIVELY SHORTENING AND ROUNDING YOUR NAILS DURING GROOMING



CAREFUL OBSERVATION OF MINOR SKIN LESIONS IS ESSENTIAL



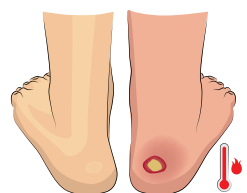
REGULARLY INSPECT THE INSIDE OF YOUR SHOES



CHOOSE SUITABLE FOOTWEAR THAT ALLOWS FOR SUFFICIENT ROOM



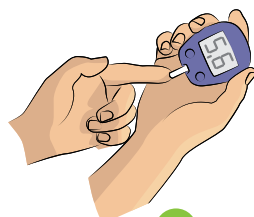
INADEQUATE FOOTWEAR RESTRICTS THE FOOT AND CAN LEAD TO INJURIES



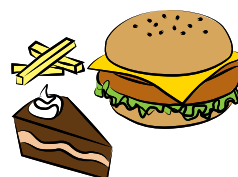
WATCH FOR SYMPTOMS SUCH AS SWELLING, COLOR CHANGES, REDNESS, HEAT, AND SWELLING



OPT FOR LIGHT COTTON SOCKS FEATURING A THERAPEUTIC BAND



ADDRESS DIABETES AND OTHER MEDICAL ISSUES PROACTIVELY



AVOID UNHEALTHY DIETARY CHOICES



REFRAIN FROM SMOKING

WHAT ACTIONS SHOULD BE TAKEN WHEN FACED WITH...

IN THE EVENT OF MINOR INJURIES SUCH AS CUTS OR BLISTERS, IT IS ESSENTIAL TO TAKE THE FOLLOWING ACTIONS:

- Cleanse the area using soap and water, followed by disinfection.
- Apply a sterile dressing (gauze) and secure it with a bandage.

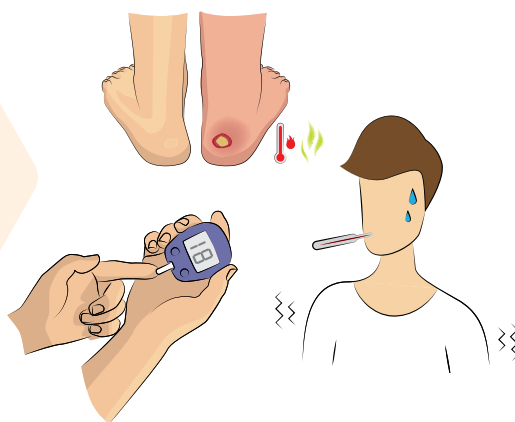
If the wound does not show signs of healing within three days or exhibits any signs of worsening, it is recommended to visit a healthcare professional.



IT IS ESSENTIAL TO RECOGNISE ANY SIGNS OF INFECTION OR DETERIORATION OF A WOUND, WHICH MAY INCLUDE:

- swelling, redness, surrounding tissue enlargement, warmth, deepening of the wound, foul odour emanating from the wound, purulent discharge, discoloration of the wound, onset of chills, elevated body temperature or fever, shivering, and hyperglycemia (high blood sugar levels).
- It is important to understand that individuals with diabetes may not show fever, yet they may still have a severe infection.

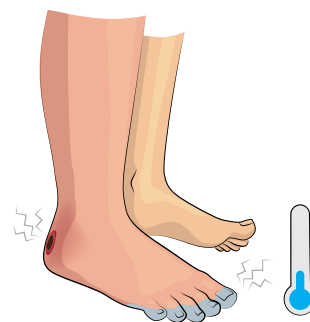
Please consult your physician within 24 hours.



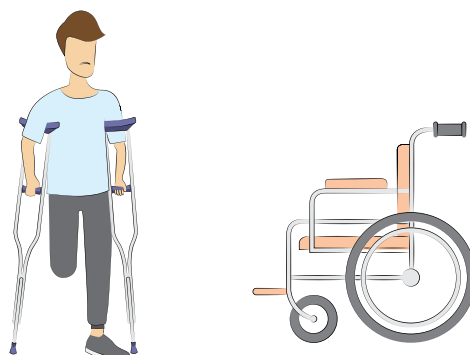
THE IMMEDIATE APPEARANCE OF ANY OF THE FOLLOWING SYMPTOMS NECESSITATES URGENT CONSULTATION WITH A PHYSICIAN OR A VISIT TO A SURGICAL EMERGENCY DEPARTMENT:

- new swelling
- cold foot
- sudden severe pain
- alteration in skin color
- inability to move the foot

It is crucial to quickly contact your health-care provider, visit a surgical clinic, or call emergency services at 155.



Inadequate preventive measures, neglected wounds, poor management of diabetes, hypertension, and elevated cholesterol levels, along with a lack of patient cooperation, can result in amputations.



Main author: PhDr. Adéla Holubová, Ph.D., MBA

Co-authors: prof. PhDr. Andrea Pokorná, Ph.D.; MUDr. Jan Stryja, Ph.D.; prof. MUDr. Samuel Vokurka, Ph.D.; MUDr. Vladimíra Fejfarová, Ph.D.; MUDr. Miroslav Koliba, Ph.D., MBA, MHA, LL.M.

Publication date: 12. 12. 2024, 1st edition, Sezimovo Ústí 2024

Graphics: Ing. Jana Vaňková

Translator: Irena Pukiova, RN, MSc.



ZAHOJÍME



Česká společnost pro léčbu rány

www.zahojime.cz