

## **Diabetes Information Leaflet Looking after your Feet on Holiday**

### **Podiatry & Orthotics Directorate**

#### **Diabetic Foot Care Advice While on Holiday**

Diabetes does not disappear when you go on holiday. You should remember to continue with good blood sugar control and to look after your feet.

#### **Check Your Feet Everyday!**

It is very important that you continue with regular foot checks. Warning signs may include:-

- Blisters
- Breaks in the skin
- Pain
- Signs of infection e.g. swelling heat or redness

If you have concerns about any of the above contact the nearest hospital or pharmacy as soon as possible.

#### **Foot Hygiene**

Wash your feet at least once a day with warm water and mild soap. Rinse thoroughly and dry carefully, especially between the toes. Do not soak your feet for long periods.

#### **Moisturising Your Feet**

After washing your feet apply moisturiser and avoid areas between the toes. You may need to apply extra moisturising cream if your skin gets very dry in hot or cold weather.

#### **Toenails**

Carry on with nail care as advised by your podiatrist.

## **Minor Cuts and Blisters**

Take a small first aid kit containing:-

- sterile gauze dressings
- Micropore tape
- Antiseptic

If you get a small blister, cut or graze, use diluted antiseptic on a gauze swab to clean the wound and tape a dry sterile gauze dressing over the area. **Do not use cotton wool.**

## **Footwear**

Never walk barefoot, even on the beach. You will be putting your feet at extreme risk by doing this. If you go into the sea, wear some sort of footwear such as rubber shoes to protect your feet (e.g. diving shoes). Avoid wearing "flip-flop" style footwear as these may cause blisters between toes.

## **Prescription Shoes**

If you have been supplied with prescription footwear you should wear these at all times during your holiday (except in the sea).

## **Temperatures**

Try to avoid very high or very low temperatures. Protect your feet from sunburn with a high factor sun protection cream (factor 30 or higher) or keep them covered.

If you have any major concerns on your return please contact your podiatry clinic or GP for advice immediately.

Please use the contact numbers below if you have problems with your footwear.

Phone:-	01633 – 234283	Royal Gwent Hospital
	01873 – 732710	Nevill Hall Hospital
	01633 – 234523	Richmond House

This information booklet was produced for Aneurin Bevan Health board by the Podiatry and Orthotics Directorate.