

# Diabetic Foot Ulcer (newly diagnosed)

## Information for patients

---

### What is this leaflet about?

You have been diagnosed with a new foot ulcer.

You will receive care with the NHS Lothian Podiatry service who will advise you regarding dressings, footwear and treatment of any infection if needed.

### Danger signs

During your treatment for this ulcer, if you notice any of these danger signs listed below, you **MUST** contact either a member of your Multi-disciplinary Foot Care Team, local Podiatry Department, your GP or NHS 24 -on **111** for advice as soon as possible (within 24 hours).

- Is there any pain or throbbing?
- Does your foot feel hotter than usual?
- Are there any new areas of redness, inflammation or swelling?
- Is there any fluid leaking through the dressings?
- Is there a new smell from your foot?
- Do you have any flu-like symptoms or a fever?
- Are you becoming breathless?

If you discover any new breaks in the skin or blisters, cover them with a sterile dressing. Do not burst blisters.

Local Contact Numbers	
Multi-Disciplinary Foot Care Team	
NHS Lothian Podiatry Department	<b>0131 536 1627</b>
Your GP Clinic	
NHS 24	<b>111</b>

## Your diabetes



To allow your ulcer to heal, it is important that your blood sugars are well controlled.

Additionally, we know that having a foot ulcer is associated with a higher risk of developing other complications of your diabetes (such as eye problems, kidney problems, heart attacks and strokes).

We recommend that you **contact your GP or diabetes team** to discuss your blood sugar control and to make sure your diabetes monitoring is up to date. If these problems are picked up early there are excellent treatments and we can aim to keep you well.

## Further Information

Further information and resources regarding looking after your feet and your diabetes can be found on our NHS Scotland website

<a href="https://mydiabetesmyway.scot.nhs.uk/know-more/my-complications/feet">https://mydiabetesmyway.scot.nhs.uk/know-more/my-complications/feet</a>	 SCAN ME
<p>If you need this information in another language, there are some translations here:</p> <a href="https://mydiabetesmyway.scot.nhs.uk/know-more/my-languages/">https://mydiabetesmyway.scot.nhs.uk/know-more/my-languages/</a>	 SCAN ME

## Stopping Smoking

Stopping smoking is one of the best things you can do for your physical and mental health.

If you would like support to quit, our trained practitioners can guide you through what's helped other people, and help you figure out what's most likely to work for you. Practitioners will discuss the medications available to support your quit journey, and if suitable, they can arrange Nicotine Replacement or Varenicline to be prescribed. Support is free and can be face to face or over the phone.

More information can be found here: <https://services.nhsllothian.scot/quit-your-way/>