

Wound care advice

Information for patients
Podiatry Services



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If you have a break in the skin of the foot which is discharging, red, swollen, painful or is slow to heal; you should:

- ❖ If you are a registered NHS Podiatry patient contact your local Podiatry department for advice.
- ❖ If you are not registered with a NHS Podiatry Department you should contact your GP or treatment room nurse as soon as possible.

Until medical advice has been obtained you should:

- ❖ Wash your hands.
- ❖ Cover the wound with a dry clean sterile dressing or plaster to prevent cross infection.
- ❖ Keep the dressing dry and clean and rest the area as much as possible.
- ❖ Ensure there is no pressure from your footwear over the affected area(s).

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