

A Guide for Patients and Families

# Wound Care for Foot



## Caring for your wound



If you have a wound, clean using normal saline, dap and dry the area carefully with sterile guaze/cotton



Apply an antiseptic and cover with a clean, dry dressing

Use the wound dressing product as recommended by your health care professional

Change dressings at the interval recommended or when they are wet or soaked through



Monitor the wound daily  
Seek immediate medical attention within 24 hours if worsening

### How to perform basic wound care



**WATCH VIDEO**

Tap or scan to watch  
"Step-by-Step Basic  
Wound Care"



# Red Flags and when to Escalate

## Signs of a Diabetes Foot Attack

Seek **immediate medical attention** if the following signs are present in the lower limb or from a wound:

- ♦ Redness, warmth and/or swelling
- ♦ Sudden/increased pain
- ♦ Pus
- ♦ A new break or wound in the skin
- ♦ Sudden changes to skin colour i.e. black, dark red or purple
- ♦ General bodily symptoms - fever, chills



Wound infection:  
Redness, warmth  
and swelling



Right 3rd toe  
purplish  
discolouration

**If your wound has deteriorated, you are advised to go to your regular podiatrist, wound nurse, doctor, or foot clinic for immediate review.**

**If you are having a fever or any signs of infection related to your foot wound, you are strongly advised to go to the Emergency Department**

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