

Warning signs of infection

Other formats

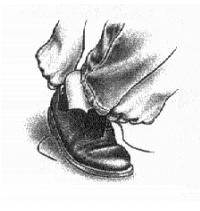
If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01392 402093 or at rduh.pals-eastern@nhs.net (for Mid Devon, East Devon and Exeter services) or on 01271 314090 or at rduh.pals-northern@nhs.net (for North Devon services).

Foot infections can lead to serious consequences such as gangrene and possible amputations if left untreated. Some people are at much higher risk of a foot infection due to a weakened immune system. This may include conditions such as Diabetes, Rheumatoid arthritis, Chemotherapy and Peripheral Vascular disease as well as others. Serious consequences can usually be avoided if the infection is noticed early and immediate treatment is received.

If you become aware of any of the following, seek immediate advice.



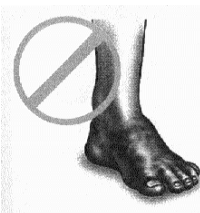
1. Walking becomes more difficult than normal.



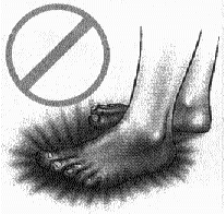
2. Your shoes are tighter or more difficult to get on than normal.



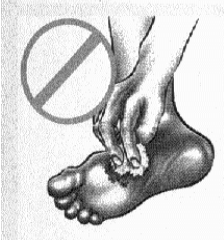
3. A part, or all, of your foot becomes swollen.



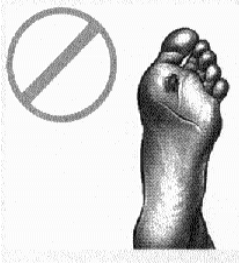
4. Your foot becomes noticeably red or has other discoloration.



5. A part or all of your foot becomes much hotter than normal.



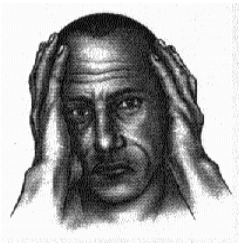
6. There is a discharge of any kind from your feet.



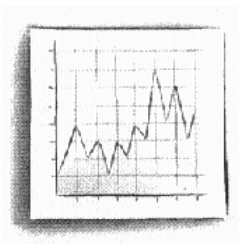
7. Your feet have open sores or blisters.



8. Your feet have an unusual smell.



9. You feel generally unwell with nausea, vomiting and high temperature.



10. If you are diabetic, your blood sugar may become more difficult to control than normal.

Remember

- Check your feet every morning and evening.
- Ask family, friends or carers to help where necessary.
- Look after yourself and have regular check-ups for your feet.
- If you have any concerns seek immediate specialist advice.

Further information

If you develop any of the above signs contact the Podiatry department or GP immediately.

Local podiatry contact details:

North	East
Email: rduh.podiatry@nhs.net	Email: rduh.podiatryappointments-eastern@nhs.net
Tel 01271 341509	Tel: 03452 667772

References

Information supplied by Smith & Nephew.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact:

PALS Mid Devon, East Devon and Exeter

- call 01392 402093 or email rduh.pals-eastern@nhs.net. You can also visit the PALS and Information Centre in person at the Royal Devon and Exeter Hospital in Wonford, Exeter.

PALS North Devon

- call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at the North Devon District Hospital in Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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