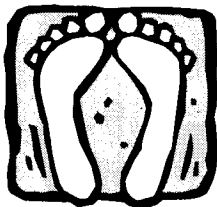


Telephone numbers are correct at time of publication but are not continually updated. You may need to check the numbers in the telephone directory.

**REVIEWED**  
October 2003  
NSWMulticulturalHealthCommunicationService

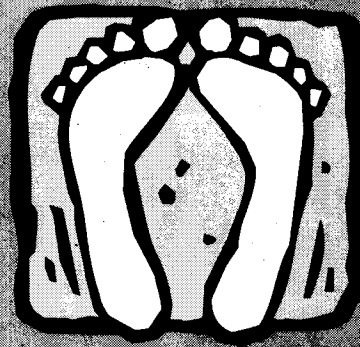
**Diabetes Australia-NSW**  
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email: edu@talent.com.au



created and produced for the health and safety of all feet  
owned by those who have diabetes

# lower limb amputees

## how podiatry can help



developed by Dollien Khoury for  
the Liverpool Health Service Podiatry Department  
and produced by Diabetes Australia-NSW

**July 1998**

# lower limb amputees

## how podiatry can help

*If your amputation was due to vascular disease or diabetes, the following information is essential for the care of your remaining limb.*

## daily hygiene

- wash your foot every day, but do not soak it.
- examine your foot carefully - check for any discolouration on the tips of the toes: make sure that there are no cuts, blisters, corns and callus.
- do not use pumice stones or other hard abrasives.
- use moisturising creams such as Dermadrate, Sorbolene or Calmurid on dry skin.

## footwear

- wear a well fitting shoe.
- never wear thongs. These do not provide enough protection.

## features to look for include:

- shock absorbing sole.
- correct width and length.
- something with either a lace, strap or buckle.
- low heel height.

## nail care

- cut and file toe nails straight across.
- if there are any sharp corners, use a nail file to smooth them over.
- never cut down the side of the nails or poke anything sharp down the side.

## general foot care

- never cut into thickened skin.
- never wear tight socks or shoes, this can restrict circulation.
- keep any cuts or abrasions covered with a dressing. Avoid antiseptics.
- do not smoke. This may lead to further arterial damage.
- see a Podiatrist regularly.

Special considerations: \_\_\_\_\_

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