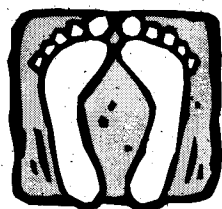


So you have AN ULCER

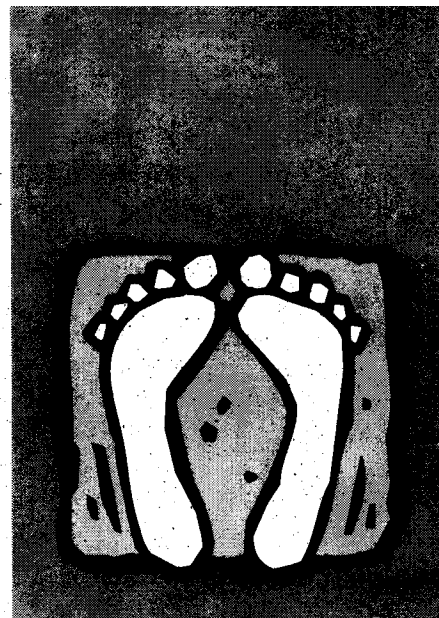
Telephone numbers are correct at time of publication but are not continually updated. You may need to check the numbers in the telephone directory.

NSW Multicultural Health Communication Service
Website: <http://www.mhcs.health.nsw.gov.au>
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26 Arundel Street, Glebe NSW 2037
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created and produced for the health and safety of all feet
owned by those who have diabetes



developed by Dollien Khoury for
the Liverpool Health Service Podiatry Department
and produced by Australian Diabetes Council

so you have an ulcer (foot)

An ulcer can be defined as destruction of tissue. They have many causes and are classified according to the depth of tissue destruction.

as soon as you are aware of skin damage:

do,..

- irrigate the area with saline - sterile saline may be purchased from the chemist.
- cover the ulcer with sterile dressing.
- consult your doctor or podiatrist as soon as possible.

don't...

- leave the ulcer uncovered. This then allows the ulcer to become open to infection.
- apply any antiseptics to area. These have been demonstrated to delay wound healing.

why dressings need to be applied

- Dressing your ulcer is vital to the healing process.
- By dressing your ulcer you are creating a moist environment which is best for healing.
- Dressings also act as a barrier to infection and provide protection from further damage.
- There are different types of dressings for different types of ulcers.

possible complications of ulceration

- delayed healing.
- osteomyelitis which is an infection of the bone.
- amputation of the affected part or limb.

dressing instructions

Type of dressing _____

How to apply _____

Change every _____
