

DIABETIC FOOT ULCERS

Symptoms:

Pain is usually not a symptom, since the ability to feel pain is usually lost. However one of the first symptoms you might notice is some drainage. Redness and swelling may also be observed along with odor if the ulcer has progressed significantly.



Treatment:

- Take the pressure of the area
 - This is especially important if is on the bottom of the foot
- Remove dead skin and tissue
- Apply medication or dressings to the ulcer
- Manage your blood glucose and other health problems

Prevent Infection By:

- Keep blood glucose levels under control
- Keep the ulcer clean and bandaged
- Clean the wound daily
 - Using a wound dressing or bandage
- Avoid walking barefoot