

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 01271 314090 or at ndht.pals@nhs.net.

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. Conditions affecting this included Diabetes, Rheumatoid arthritis, patients on 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.



2. Putting on shoes becomes more difficult.



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.



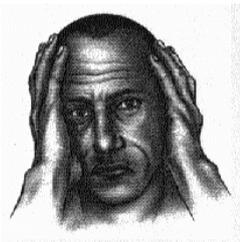
6. There is a discharge of any kind from your feet.



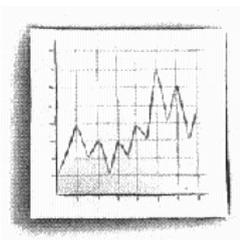
7. Your feet have open sores or blisters.



8. Your feet have an unusual smell.



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



10. If you are diabetic, you have general difficulty keeping your blood sugar under control.

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.

North Devon Podiatry Services

Email: ndht.podiatry@nhs.net

Tel: 01271 341509

Address: North Devon Podiatry Services, Barnstaple Health Centre, Vicarage Street, Barnstaple, North Devon, EX32 7BH

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

Have your say

Northern Devon Healthcare NHS 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.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

Northern Devon Healthcare NHS Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.northdevonhealth.nhs.uk

© Northern Devon Healthcare NHS Trust
This leaflet was designed by the Communications Department.
Tel: 01271 313970 / email: ndht.contactus@nhs.net