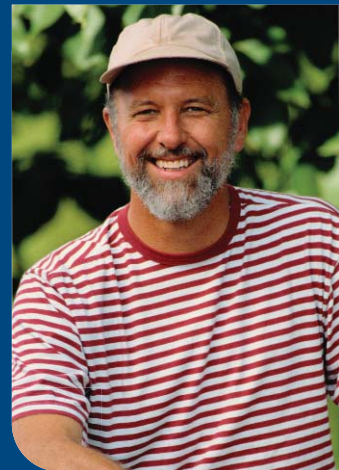


# A Guide To Diabetic Ulcer Care

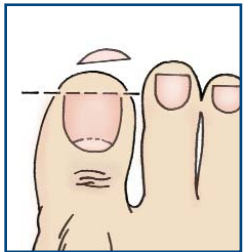


## About Diabetic Ulcers

A diabetic ulcer is a wound that occurs on the foot, heel or toes of people with diabetes. Many times, there is little to no feeling in the feet or to the ulcer itself. Pulse is present and skin is normal or warm to the touch. The skin on the legs and feet may be dry and flaky.

## What to Do

- Maintain good blood sugar control.
- Inspect your feet daily.
- Avoid over-the-counter products to treat your feet.
- Trim your toenails straight across only.
- Avoid cutting on your ulcers or callouses yourself.
- Dress your ulcer as prescribed by your physician.
- Wear shoes that protect your ulcer and do not cause rubbing or pressure.
- Notify your physician if the ulcer becomes red or develops drainage, swelling or warmth to the area, or if you develop a temperature over 101 degrees F.
- Wear off-loading shoes, boots or casts, as directed by your doctor, to assist in healing your ulcer.



Any wound that has not started to heal in two weeks or completely healed in six weeks may benefit from a specialized wound care center. Ask your regular physician if a referral to a center for wound care might be the right option for you.

