



**Rotherham Doncaster  
and South Humber**  
NHS Foundation Trust

## Holiday feet

Diabetes information and advice leaflet



**RDaSH** leading the way with care

This leaflet contains advice to help care for your feet while enjoying your holiday.

## Happy feet will help you to enjoy your holiday

Avoid walking barefoot. Always wear footwear, even on the beach. The sand can become very warm and can burn your feet without you realising. If you are going into the sea, wear neoprene swim shoes to protect the feet. Avoid wearing 'flip-flop' type footwear as they may cause blisters between your toes.

## Holiday feet

Avoid high or low temperatures. Protect feet from sunburn by using a high factor and waterproof sun cream on them (factor 30 or above) or keep them covered.

Check feet every day for any blisters, breaks in the skin, pain or any signs of infection such as: swelling, heat, redness or leakage of fluid.

## First aid

### Minor cuts and blisters

Take a small first-aid kit containing sterile gauze dressings and tape. If you have a small blister, cut or graze, use diluted antiseptic on a gauze swab to clean the wound and tape on a dry sterile gauze dressing. Do not use cotton wool. Change dressing daily. Seek medical attention if you think it is becoming infected.

### Advice on keeping your feet healthy on the journey

Long journeys can make feet swell. Try to walk about every half hour if possible - even a short distance will help. This will keep the circulation moving and keep swelling down. Make sure that your shoes are not too tight as your feet may swell in heat.

Wash your feet daily in warm water and moisturising wash. Rinse thoroughly and dry them carefully, especially between the toes. If your skin is dry apply a moisturising cream at least daily to your feet.

Avoid the areas between your toes.  
Apply extra moisturising cream if  
the skin gets very dry in hot or cold  
weather.

## Toenails

Carry on filing toenails regularly as  
the podiatrist has advised.



## Individual advice

## Hospital shoes

If you are supplied with hospital  
shoes and insoles do not wear any  
other shoes during the holiday  
(except when in the sea).

Podiatry services  
Cantley Health Centre  
Middleham Road  
Goodison Boulevard  
Cantley  
Doncaster  
DN4 6ED

Tel 01302 379550

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

Amharic

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0800 015 4334 የዚህንን

Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجي الإتصال بخدمة التنسق ونصيحة المريض على رقم الهاتف 0800 015 4334 Patient Advice and Liaison Service.

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা আন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নংরে গেশেন্ট এ্যাডভাইস এন্ড লিয়েজ সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务（Patient Advice and Liaison Service），电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientů na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن اون سند به نسخه ای با چاپ درشت تر، به خط بربل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

Kurdish Sorani

نام زانباريانه به چاپي گموره، برايل يان لعساري شريطي دهنجي دخوازيت باخود نهم پيالگانه به زانباري ديكه دهخوازيت، تکابه پيووندي يكه به خزماتگواري رنتماني و هانواناهنگي ناخوشاهه به زمانه .0800 015 4334

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużej czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਾਪਵੀ, ਬੋਲ ਜਾਂ ਸੁਣਦ ਵਾਲੀ ਫੋਟੋ ਤੋਂ ਚੁਣੌਤੇ ਹੋ ਤਾਂ ਇਸ ਦਸਤਖਤ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚੁਣੌਤੇ ਹੋ, ਤਾਂ ਜਿਨ੍ਹਾਂ ਕਰਕੇ ਮਹੱਤਵਪੂਰਨ ਅਤੇ ਤਾਲ-ਮਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੋਂ ਸੰਪਰਕ ਕਰਵੋ।

Somali

Haddii aad jeelaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la'ama cajalad dhegeysi ah ama haddii aad jeelaan lahayd in aad dukaameentigan ku hesho luqad kale, fadlan Adeegga Taliboxinta iyo Xiriirinta ee Bukanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی نسپ پر حاصل کرنے پاہیں یا یہ دستاں کی تبدیل زبان میں پاہیں تو ہر کوئی کم پیش ایجادہ اکس پینڈلریز ان سروس سے 0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bảng ghi âm, hoặc bảng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing  
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