

## Holiday feet

Diabetes information and advice leaflet



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.



**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).

**Individual advice**

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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

ድህረ ገጽ ላይ በግልጽ እንዲታይ በትልቁ ብላጪ ተጽፎ ወይም በቲፕ ተተያይዞ ወይም በሌላ ቋንቋ ተጽፎ ለግዛቱ የሚፈልጉ ከዚህ የበለጸጉትን ምክርና ግንኙነት እንልግላችን በዚህ ቁጥር 0800 015 4334 ይውሰዱ ያንጋግሩ።

#### Arabic

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

#### Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইস এন্ড লিয়েজঁ 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 pacientům na tel. 0800 015 4334.

#### Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل 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

ئێمگەر ئێم زانیاریانە بە چاڵی گەورە، برائیل یان لەسەر شریتی دەنگی دەمخواییت یاخود نەم بەلێگەنامە بە دیوە زماڤێکی دیوە دەمخواییت، تێکایە پێموهندی بکە بە خزمەتگوزاری زینمایی و هاوناھەنگی نەمخوشاوە بە ژمارە 0800 015 4334.

#### Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą 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 ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਰਚੁੰਦੇ ਹੋ ਜਾਂ ਇਸ ਸਮਝਾਵੇਂ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਰਚੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

#### Somali

Haddii aad jeclaan lahayd in aad kaan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaaleyda (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 ٹیپ پر حاصل کرنا چاہیں یا یہ دستاویز کسی قبیل زبان میں چاہیں تو براۓ کرم پیٹینٹ ایڈوائس اینڈ لیاؤن 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 băng ghi âm, hoặc bằng 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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