Diabetic Foot Ulcer self-care instructions

Do not forget to wear your offloading device all day during your activities at home or outside.

What you will need:
- Pairs of gloves x2
- Sterile forceps
- Saline solution
- Tape
- Gauze
- Bandage
- Ulcer dressing
- Smartphone or tablet

1. Clean your hands
2. Remove previous bandage and expose the wound
3. Clean the wound with saline solution if possible, if not, with water and soap
4. Dry the wound and the foot completely with a sterile gauze
5. Using your smartphone or tablet, take a picture of the wound at every dressing change
6. Check for alarm signs (wound: bigger, wetter, more painful and smelly; general: fever, tiredness, high blood sugars) if present: Call your healthcare provider for help
7. Make a gauze protection on wound area, and make a foot bandage

- Discuss your progress with your healthcare professional as often as advised (telephone or telemedicine)
- If your wound appears weepy and red, or if you detect change in odour, or experience pain or discomfort, call your healthcare provider for help
- Put on new gloves
- Apply the dressing recommended by your wound specialist
- Take your gloves off and wash your hands