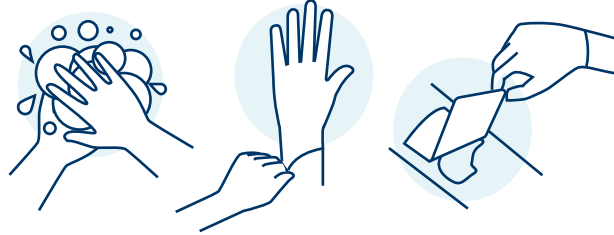


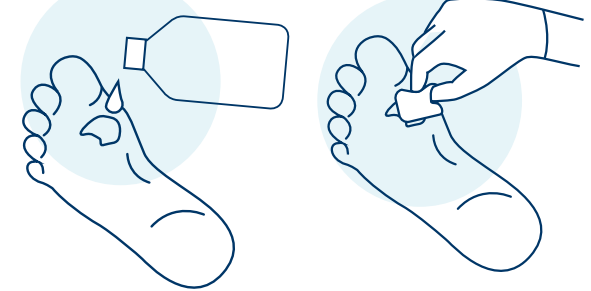
Diabetic Foot Ulcer self-care instructions



1



2



3



4



5



6



7



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

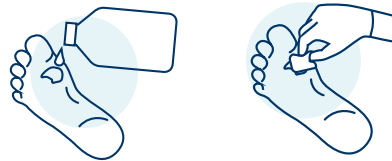


1



- Clean your hands
- Put on the gloves
- Remove previous bandage and expose the wound

2



- Clean the wound with saline solution if possible, if not, with water and soap
- Dry the wound and the foot completely with a sterile gauze

3



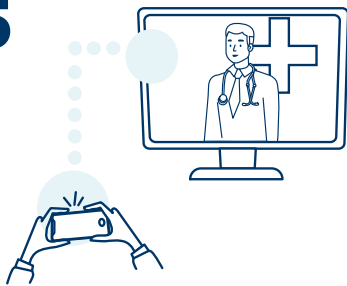
- Check for alarm signs (wound: bigger, wetter, more painful and smelly; general: fever, tiredness, high blood sugars) if present:
Call your healthcare provider for help

4



- Take your gloves off and wash your hands

5



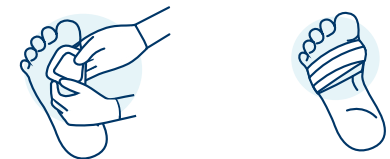
- Using your smartphone or tablet, take a picture of the wound at every dressing change
- Discuss your progress with your healthcare professional as often as advised (telephone or telemedicine)
- If your wound appears weepy and red, or if you detect change in odour, or experience pain or discomfort, **call your healthcare provider for help**

6



- Put on new gloves

7



- Apply the dressing recommended by your wound specialist
- Make a gauze protection on wound area, and make a foot bandage