



Foot Notes for Amputees

A Leg To Stand On

Following a lower limb amputation, your remaining foot and leg become very important to your mobility and independence. In order to achieve and maintain optimum foot health, you must always be aware of your foot and leg condition, protect from trauma and practice good-self care (and see a Podiatrist on a regular basis).

It is also important to keep your medical conditions under control and maintain a healthy lifestyle. Poor circulation can delay healing of wounds and can increase the risk of infection. Loss of sensation can affect your response to injury so that minor trauma can lead you to think, "it will be OK" when perhaps it may not. Seek immediate professional advice and treatment. **INSPECT** and **PROTECT** your foot. Be aware of things that can damage your foot. Muscle weakness can affect the function of your foot and leg causing fatigue or pain. A **PODIATRIST** can assess your foot, diagnose and treat abnormalities, advise on foot care and help you to **WALK TALL**.

Forget-Me-Not

- Pay attention to your foot. Now it is more important to look at your foot AND look after it
- Exercise your foot and leg every day, whilst sitting or lying down
- Inspect your foot daily for any visible injury eg: cut skin, bleeding or peeling, blister or other abnormality
- Seek immediate treatment for wounds, even the smallest or seemingly insignificant thing.



Better to be safe

- Tinea requires appropriate antifungal treatment. Seek an accurate diagnosis if you suspect this condition
- Have regular Podiatry check-ups

If the Shoe fits

Shoes should be well fitting and well supporting to give your foot stability and safety for walking.

Check inside for any objects or rough bits which may harm your foot. Ensure the inside is smooth and not worn or torn. Shoes should have an appropriate fastening like laces or Velcro, otherwise you risk damage to your foot when you put the shoe on, and foot fatigue.

Socks should not be tight around your leg.

Ensure feet are well protected at all times.

Steps to Happy feet

- Wash and dry your foot well each day, particularly between the toes. Dry with a soft thin towel or flannel

- Use moisturizing cream such as sorbolene on dry areas
- If your toes are very moist, separate with a piece of gauze to absorb moisture; change daily
- Seek assistance with toe nail cutting if necessary; maintain healthy nails by proper regular care and attention and preventing trauma
- Do not attempt to treat corns or calluses – see a Podiatrist
- Powder is not recommended for use between toes as it clogs the skin
- Do not expose your foot to extremes of temperature, and protect it AT ALL TIMES

ALWAYS BE AWARE OF THE POSITION AND CONDITION OF YOUR FOOT

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