

## The Journey

Long journeys can make your feet swell.

- Walk around as much as possible to keep the swelling in your feet and ankles down.
- Socks with tight elastic around the top are not advised. See your Diabetic team about the suitability of support or compression hosiery.
- Wear shoes that can be adjusted if your feet become swollen. Lacing or velcro fastenings will make this easier.



## SPECIFIC ADVICE:

### LOCAL CONTACT DETAILS

Podiatry Department: 01851 708285



**Diabetes  
Holiday Footcare**

If you are going on holiday it is important that you look after your feet to help make your holiday a happy and trouble free time.

### THE HOLIDAY

- Avoid sunburn to your feet. Wear a high protection sun screen or keep your feet covered whenever possible.
- Do not walk around in your bare feet, even around the pool. Wear a pair of sandals or shoes to protect your feet.
- Do not paddle in the sea with bare feet – wear a comfortable pair of sandals or cotton/canvas shoes.
- **REMEMBER!** Your feet may swell in the heat. Make sure that your shoes are comfortable and can be adjusted if required.

### FOOTWEAR

- Always make sure that your shoes fit well and are not rubbing your feet.
- Never wear a new pair of shoes for a long walk and never 'break in' a new pair of shoes.
- Wear natural materials such as cotton socks and leather uppers on your shoes.

**REMEMBER!** Man made fibres will make your feet sweat.

### SKIN CARE

- If your skin becomes dry in the hot weather use a moisturising cream.
- If your skin becomes very moist or sweaty use surgical spirit to dry the skin. Only apply surgical spirit to dry intact skin.
- Cover any cuts or breaks in your skin with a clean dry dressing. If you are worried about any cuts contact a Podiatrist / Doctor for advice.

