Individual advice

Your current foot risk level

Your most recent foot screening has shown that your risk of developing foot complications and foot ulcers because of your diabetes is:

Low / Medium / High / in remission

Local contact numbers

Podiatry Department:

GP Clinic:

This leaflet is for all people with a diagnosis of diabetes, including children over the age of 12.

Based on the original leaflet produced by the Scottish Diabetes Group - Foot Action Group, with help from service users. Owned by the College of Podiatry © Published date: March 2018 Review date: March 2023 We would welcome your feedback on this leaflet. Please send it to the College of Podiatry at footlit@scpod.org www.feetforlife.org/footcareleaflets

Produced by the Scottish Diabetes - Foot Action Group
You have been given this advice leaflet because you are going on or thinking of going on holiday.

Due to your diabetes, your feet are at risk of developing problems. This risk can sometimes increase while you are on holiday.

When you are on holiday your routine and environment change and you may be more active than usual, which can put your feet at increased risk of developing problems which can become serious.

If you discover a small blister or a cut, graze or any break in the skin of your feet, cover them with a sterile dressing. Do not burst blisters.

This leaflet contains advice to help you care for your feet yourself while enjoying your holiday.

What should I do if I have a concern or a problem with my feet?

Happy feet will help you to enjoy your holiday

Avoid high or low temperatures

Protect your feet from sunburn with a high-factor sun-protection cream (factor 30 or above) or keep them covered. Do not use dark-coloured materials to protect your feet as they absorb heat and you could burn your feet.

If you have any concerns or discover any problems with your feet, contact the podiatry clinic or GP for advice immediately.

What should I do if I have a concern or a problem with my feet?

Avoid walking barefoot

Always wear footwear, even on the beach. The sand can become very warm and you may burn your feet without realising it. If you go into the sea, wear some sort of footwear such as plastic shoes to protect your feet.

Avoid ‘flip-flop’ type footwear as this may cause blisters between your toes.

Prescription shoes

If you have been supplied with prescribed shoes, do not wear any other shoes during your holiday (except when you are in the sea).

Minor cuts and blisters

Take a small first-aid kit containing sterile gauze dressings and micropore tape. If you get 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.

Medications and prescriptions

Make sure that you pack any antibiotic prescriptions, dressings, insoles and footwear that have been prescribed and issued to you.

If you smoke, you are strongly advised to stop. Smoking affects your circulation and can increase the risk of amputation.