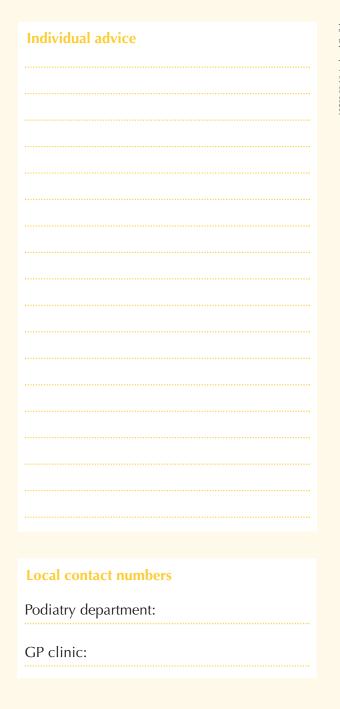
#### **Avoid high or low temperatures**

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 discover anye problems with your feet, contact a doctor immediately.

Happy feet will help you to enjoy your holiday



Procuced by the Scottish Diabetes Group – Foot Action Group

# Holiday feet

Diabetes information and advice leaflet

### Holiday feet

This can affect: supplying your feet are damaged. can occur because the nerves and blood vessels cause foot problems. Some of these problems Diabetes is a lifelong condition which can

the feeling in your feet (peripheral

neuropathy); and

the circulation in your feet (ischaemia)

that you check your feet regularly, especially These changes can be very gradual and you may

than usual. when on holiday as you may be more active not notice them. This is why it is very important

reduce the risk of developing problems cholesterol, and blood pressure will help to Keeping good control of your diabetes,

This leaflet contains advice to help you to with your feet.

holiday. care for your feet yourself while enoying your

## Advice on keeping your

# feet healthy

## sand can become very warm and you may burn Always wear footwear, even on the beach. The Avoid walking barefoot

to protect your feet. wear som sort of footwear such as plastic shoes your feet without realising. If you go into the sea,

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

Avoid wearing 'flip-flop' type footwear as the

may cause blisters between your toes.

### Minor cuts and blisters

Presription shoes

a small blister, cut or graze, use diluted antiseptic gauze dressings and Micropore tape. If you get Take a small first-aid kit containing sterile

on a dry sterile gauze dressing. Do not use

## on a gauze swab to clean the wound and tape

coffon wool.

You may need to apply extra moisturising cream every day, avoiding the areas between your toes. If your skin is dry apply a moisturising cream Moisturise your feet every day

practitioner or diabetic nurse has advised you to. Carry on cutting your toenails as your general Toenails

it your skin gets very dry in hot or cold weather.

mild soap. Rinse them thoroughly and dry them

Wash your feet every day in warm water and

signs of infection such as swelling, heat or

make sure your shoes are not too tight.

Rememeber your feet may swell in heat, so

Try to walk about every half hour if possible

Long journeys can make your feet swell.

the circulation moving and keep swelling down.

- even a short distance will help. This will keep

for any blisters, breaks in the skin, pain or any

You should check your feet at least once a day

carefully, especially between the toes.

redness, just as you would at home.

Wash your feet every day

Check your feet every day

On the journey