



FOOT FIRST AID

Feet are prone to infection, they are our body's contact with the ground and will therefore pick up EVERYTHING. Our body is usually very effective in warding off infection but occasionally needs a helping hand. For people with immune problems or delayed healing, it is essential you follow the principles of foot first aid.



KILL

KILL – As soon as a wound is identified, remove potential bacterial contaminants with a proven antiseptic such as Betadine or Dettol (important to follow the instructions on the label and choose an alternative if you have allergies to certain products). NOTE: You DO NOT need to apply antiseptic again after the initial injury, antiseptics also kill new skin cells that are trying to repair your skin so applying antiseptic regularly will inadvertently delay healing!

COVER

COVER – Apply a dressing. In most instances a band-aid is suitable however you must ensure the pad of the bandaid covers the entire wound, you do not want adhesive over the skin that is trying to repair itself.

CARRY

CARRY – General rule of thumb, if a break in the skin is not improving or healed after 3 days, you should see a health professional. If you are worried about the way your wound looks for any reason- SEEK MEDICAL ADVICE.

Ulcers

Ulcers are wounds that, for many reasons, do not heal as we expect them to. Most often, the underlying causes are nerve damage or restricted blood flow. Proper treatment of these wounds is extremely important.

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