

## Self-Care: Inspecting Your Feet

Inspecting your feet helps you catch small skin irritations before they become serious infections. Check daily for these warning signs that could mean your feet are in trouble. If you can't see your feet ask a relative or friend to help. See your Podiatrist straight away if you find a problem.

### ❑ Colour Changes

Redness with streaks is often a sign of infection. Pale or blue tones may mean poor circulation. Darkened skin is a sign that tissue has died.



### ❑ Swelling

Swelling, sometimes with color changes, may be a sign of poor circulation or infection. Symptoms include tenderness and an increase in the size of your foot.



### ❑ Temperature Changes

Warm areas may mean that your feet are infected. Cold feet often are a sign that your feet aren't getting enough blood.



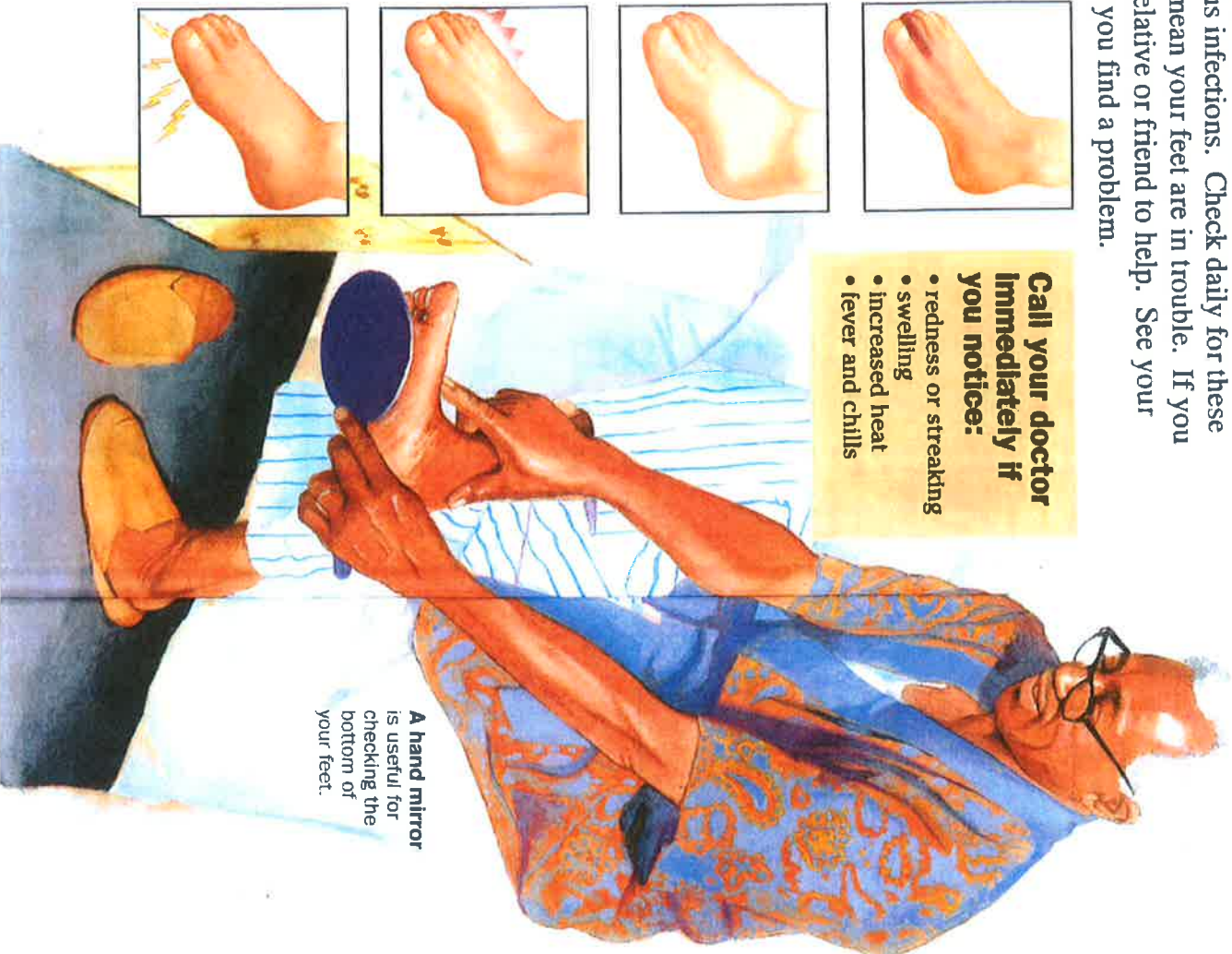
### ❑ Sensation Changes

Odd sensations like "pins and needles," numbness, tingling, burning, or lack of feeling may mean nerves are damaged.



### Call your doctor immediately if you notice:

- redness or streaking
- swelling
- increased heat
- fever and chills



A hand mirror is useful for checking the bottom of your feet.

## FOOT MECHANICS™

Adapted from...

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### ❑ Hot Spots

Red "hot spots" are caused by friction or pressure. Hot spots can turn into blisters, corns (thick skin on toes), or calluses (thick skin on the bottom of the foot).



### ❑ Cracks, Sores, and Ulcers

Cracks and sores are caused by dry or irritated skin. They're a sign that skin is breaking down, which could lead to ulcers.



### ❑ Ingrown Toenails

Ingrown toenails are often caused by tight-fitting shoes or incorrect nail trimming. Symptoms include nails that are growing into the skin, swelling, redness, or pain.



### ❑ Drainage and Odour

Drainage and odour may develop from untreated ulcers. White or yellow moisture, bleeding, and odour are often signs of infection or dead tissue.

