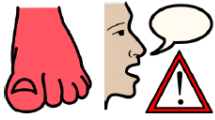




Foot wound care

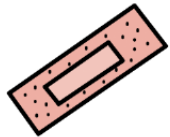
**LEGS
MATTER!**



If your foot is **red, hot, or swollen** get advice straight away from a Podiatrist, your GP or by telephoning 111



If you have a foot wound contact a Podiatrist or your GP straight away to tell them



Keep a plaster on your wound



Check that your shoes are not rubbing your feet and fit correctly



Use socks that are not too tight



Stop smoking



Check your feet daily



legsmatter.org



Supporting the communication and information needs of all

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RESHAPING CARE TOGETHER...



IN RECOGNITION OF OUR PLATINUM PARTNERS

