

Physiotherapy department

Caring for your remaining foot

This leaflet explains more about looking after your remaining foot after amputation.

If you have any further questions or concerns, please speak to the doctor, nurse or physiotherapist caring for you.

Daily checks

It is important that you take care of your remaining foot to prevent any problems occurring. The following checks should be carried out daily.

- Wash your foot daily with warm water and soap. Dry well insuring that you dry between your toes.
- Wear clean socks everyday.
- Make sure that the sock is not too tight around your ankle. It should not mark.
- Moisturise your foot to keep your skin supple and prevent cracking.
- Check your feet for any changes or ask a friend/relative to do it for you. Look out for cuts, blisters, grazes or anything unusual.
- See the podiatrist or your GP if you are worried about the colour or temperature of your foot.

General checks and points of note

The following points should be carried out regularly to complement your daily checks.

- Do not cut your toe nails yourself. See a qualified podiatrist or chiropodist especially if you are diabetic.
- Do not put hot water bottle(s) on your foot and avoid direct heat.
- Do not walk barefoot, even around the house.
- Make sure that your shoes are well fitted and not too tight. We recommend a low heel, lace up with a deep toe box.

After I leave hospital

It is important that you continue to use these instructions in order to maintain a healthy foot and help prevent any further problems.

What should I do if I have a problem?

If you discover any areas of redness, bruising or skin breakdown you should contact either the staff looking after you in hospital or if you have been discharged, your GP or prosthetist.

Contact us

If you have any questions or concerns about your stump, please contact **Matthew Fuller** on **020 7188 3026** and ask for **bleep: 1375. Monday–Friday, 9am to 5pm.**
Out of hours, please contact your GP.

Useful sources of information

Pharmacy medicines helpline

For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

t: 020 7188 3416

Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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