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PODIATRY SERVICES

Poor circulation and feet

Patient Information Leaflet

We value your feedback. Rate and review your care at Patient Opinion

<https://www.patientopinion.org.uk/>

NHS Choices

<http://www.nhs.uk/>

Online Questionnaire Friends and Family Test

<https://www.oc-meridian.com/BDCT/completion/custom/default.aspx?slid=134&did>

Poor Circulation and feet

What is poor circulation?

- when blood vessels in your legs can become hard or narrow.
- reduced blood flow to your feet and legs.
- when nutrients and oxygen needed for function do not get to your soft tissues.
- when waste products can build up in your soft tissues.
- skin on your feet and legs becomes thin and dry.
- hair loss may occur on your legs.
- feet may feel cold and maybe white, blue or red in colour.
- when blocked or narrow arteries can cause you pain.
- when you get pain in the calf muscles on walking short distances.

Why is it a problem?

- poor circulation makes the skin on your feet and legs more prone to injury, infection and ulceration.
- healing of the skin that has been injured is slow and infection may spread.
- pain in your legs may reduce your mobility.

What can I do?

- healthy diet, regular exercise and stopping smoking will help.
- if diabetic maintain good blood glucose control.
- reduce blood pressure and cholesterol.

DO

- take regular exercise.
- stop smoking.
- inspect your feet regularly to check for redness, cuts or injuries.
- wash your feet daily and dry thoroughly, especially between your toes.
- try to keep your feet warm during cold weather.
- wear socks of cotton or wool these keep your feet warmer.
- wear your socks inside out so seams do not rub.
- make sure your shoes fit correctly and comfortably fit with thick warm socks.

DON'T

- don't soak your feet as this will dry and harden your skin.
- don't put moisturiser between your toes it makes your skin moist and weak.
- don't use anything sharp on your skin, as injury to your skin may become infected and take a long time to heal.
- don't use corn plasters or products that contain acid, injury to your skin may not heal well.
- don't use direct heat to warm your feet or legs, such as hot water bottle or fires, injury to your skin may not heal well.

If you are concerned about your feet, especially if they are painful, seek immediate advice from your Doctor or Podiatrist.