



## Welcome to Woundtech

Woundtech is an advanced wound care management company that specializes in treating patient's wounds wherever they reside. Whether at home, an Assisted Living Facility (ALF) or a Skilled Nursing Facility, Woundtech treats all wounds and helps patients heal faster.

## Diabetic Ulcer

You have been diagnosed with a diabetic ulcer.

Below is some information about your wound and how you play a very important role in the healing process.

## What is a diabetic ulcer?

A diabetic ulcer is an open wound or ulcer below the ankle, typically on the side or bottom of the foot. This type of injury is directly related to diabetes. Diabetes makes it hard to control blood sugar which can result in a higher risk of serious foot problems such as loss of feeling (neuropathy), poor circulation, and foot deformities. A diabetic foot ulcer usually happens because of one or more of these issues resulted in an increased pressure point that contributed to skin and tissue damage and/or because the loss of feeling in the foot led to an unintentional skin injury.

## Signs and symptoms of a diabetic foot ulcer\*:

- Red, warm and/or tender area that doesn't go away
- Scab over injury
- Open sore
- Darkened area of skin
- Signs/symptoms of infection of the sore

\*You may have experienced some or all of these common symptoms from your diabetic foot ulcer.

## People at risk for diabetic foot ulcers\*:

- Diabetes/Poorly controlled blood sugar
- Smoking
- High blood pressure
- Limited mobility
- Loss of feeling (neuropathy)
- Decreased blood flow/circulation
- Kidney disease
- Malnutrition
- Smoking
- Obesity
- Advanced age

\*Certain people are at higher risk for diabetic ulcers. If one or more of these conditions apply to you, your clinician will address your risk factors to ensure that you have the best chance of preventing your diabetic ulcer from reoccurring.

## Treatment & Off-Loading

Treating a diabetic foot ulcer requires removing the pressure from the affected areas of the foot, called off-loading. Your Woundtech clinician will discuss dressings and/or devices that may help ease the pain, decrease the pressure, and help you heal. Most off-loading devices require insurance company approval. A Woundtech Case Manager will work with your clinician to get approval for any devices you may require.

### The following is your treatment plan:

Cleanse the wound with:

Dressing Type:

Dressing changes \_\_\_\_\_ times per \_\_\_\_\_

Off-loading Device - Circle one:    No                      Yes

If yes – device name: \_\_\_\_\_ Date requested: \_\_\_\_\_

Blood Sugar Goals:

Before Meals:

1-2 hours after meals:

A1c Goal:

### How you can help to heal your Diabetic Foot Ulcer:

- Monitor your blood sugar. If you are having trouble controlling your blood sugar, notify your Woundtech clinician at your next visit.
- Dry your feet thoroughly after bathing and be sure to dry carefully between your toes. Avoid soaking your feet unless directed to do so by a health care provider.
- If your feet are dry or cracked, moisturize the skin.
- Do not remove calluses, blisters, ingrown toenails, or other defects yourself. Talk to your Woundtech clinician on how to take care of these problems.
- Do not walk around barefoot, even in your own home. Wear shoes or slippers to protect your feet.
- Choose comfortable, closed-toe shoes that are roomy enough to wiggle your toes. Avoid shoes that rub, pinch or slip. Break new shoes in gradually to avoid blisters.
- Wear clean, thick-soled socks that fit smoothly and are made of a "breathable" material.
- Inspect your skin daily for cracks, red spots, blisters, calluses, and other changes. Notify your Woundtech clinician of any changes at your next visit.
- Drink plenty of water. Staying hydrated will help you heal.
- Eat a balanced, healthy diet.
- Stay active and exercise if you are able to.

### Woundtech is with you every step of the way to ensure that you heal properly.

Clinician: \_\_\_\_\_ Phone: \_\_\_\_\_

Patient Care Coordinator: \_\_\_\_\_ Phone: \_\_\_\_\_

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