



# Understanding Diabetic Foot Ulcers

A Guide to Healing and Prevention

## What Is a Diabetic Foot Ulcer?

A diabetic foot ulcer is a sore or open wound that forms on the foot, often on the bottom. People with diabetes may not feel injuries on their feet due to nerve damage (neuropathy), and poor circulation can slow healing.

## Why Are They Serious?

- They can become infected quickly
- May lead to hospitalization or even amputation if not treated
- Early care = better outcomes

## Signs to Watch For

Call your healthcare provider if you notice:

- Redness, swelling, or warmth around the wound
- Pus or drainage
- Foul odor
- Increasing pain
- Fever or chills

## How to Care for Your Wound at Home

- ✓ Keep the dressing clean and dry
- ✓ Change bandages as directed
- ✓ Take medications as prescribed
- ✓ Check your feet every day
- ✓ Wear proper footwear to avoid pressure or rubbing

Do NOT:

- ✗ Walk barefoot
- ✗ Use harsh soap or hydrogen peroxide on the wound
- ✗ Ignore new redness, swelling, or pain



### How We Help You Heal

Our wound care team will:

- Clean and monitor your wound regularly
- Perform debridement (removal of dead tissue) if needed
- Apply advanced dressings that help healing
- Coordinate care with your diabetes doctor or podiatrist
- Educate you on foot care and prevention

### Tips to Prevent Future Ulcers

- Check feet daily for blisters, cuts, or redness
- Keep blood sugar under control
- Wear shoes that fit well and protect your feet
- Never walk barefoot
- See a foot doctor (podiatrist) regularly

### Questions? Call Us Anytime

Accelerated Wound Care  
2720 S. River Rd.  
Suite 256  
Des Plaines, IL. 60018  
Main: 844-292-5708  
Fax: 224-361-2616  
Website: [awcillinois.com](http://awcillinois.com)

We're here to support your healing journey!

**Disclaimer:**

This information is provided for educational purposes only and is not intended to diagnose, treat, or replace professional medical advice. Always consult your healthcare provider for personalized care and if you have any concerns about your health or wounds.