



What are possible goals or questions for my team?

- **Goal: Heal my wound without amputation**
Ask: How long will it take to heal? How much time will I be off work?
What are my activity limits?
- **Goal: Prevent wound from returning**
Ask: What changes do I need to make going forward?
- **Goal: Resume activities**
Ask: When/how much/what to look for/how do I monitor the foot?
- **Goal: Make healthier lifestyle choices**
Ask: Will I need extra help with a Certified Diabetes Educator (CDE) or Social Worker?



What are some treatment options for wounds?

Treatment depends on the cause and your body's ability to heal the wound:

- **Diabetic foot wounds/ulcers (hole in the foot)** are often caused by lack of feeling (**neuropathy**) with a crooked bone creating **pressure** by rubbing on a shoe or with an injury.
 - Removing the pressure off the wound is a very important part of treatment. You may be asked to wear a special boot or a cast to take pressure off of the wound.
 - Controlling your blood sugar levels is important for healing.
- **Blockages in blood vessels (arteries)** can cause wounds or make healing difficult especially with Diabetes.
 - You may need a vascular surgeon/ specialist to open the blockages to help the wound heal.
- **Swelling** (problems with the **veins** in the legs causes blood to not go back up the leg properly) is often treated with gentle squeezing (**compression wraps**) of the leg.
- **Wounds often develop layers of unhealthy skin and flesh.**
 - Removing the unhealthy areas (**debridement**) helps the wound to heal faster. If there is too much unhealthy tissue to remove in the clinic, your team may suggest doing the clean-up in the operating room.
 - You may or may not need **antibiotics** depending on if infection has developed.
 - Your team may use a variety of **wound products** (powders, creams, ointments, gauze, sponges, etc.) combined with machines that can assist healing. You or your caregiver may be asked to change dressings regularly.
 - Please let your team know if you have difficulty with getting supplies or doing dressing changes. Sometimes nurses may come to where you live to help with dressing changes (**home health nursing**).
- Sometimes wounds may benefit from **skin grafts** (taking skin from one area of your body to another or using synthetic skin).