

Foot Wounds

Foot wounds are open sores on the feet usually caused by trauma. They may take some time to heal depending on the cause and the patient's medical history. Healing may be impacted by poor blood flow to the feet, arthritis and/or diabetes.

If left untreated, wounds may become chronic, bigger and even be a source of infection. In severe cases, amputation may become necessary.

With proper treatment, patients with foot wounds are generally able to prevent secondary infection. In some cases, the foot wound may heal completely.

How is it treated?

The first step to treatment begins with holistic clinical assessments to establish the cause of the wound.

Podiatrists are one of the key healthcare professionals involved in treating foot wounds. Multiple medical and allied health professionals may be involved, including Vascular, Orthopedic and Endocrine doctors.

What does Podiatry treatment involve?

Consults with Podiatry would involve the diagnosis and treatment of wounds to facilitate healing.

During treatment, wounds may be debrided (removal of unhealthy tissue), cleansed and treated with appropriate dressings. If offloading is required, footwear and/or insoles may be prescribed. If wounds are caused by problems with the venous flow, compression bandaging may be applied to aid healing

Medical history will be taken at the first clinic visit, followed by evaluations of the foot condition and the potential of wound healing. Several different tests may be required to assess blood flow to the foot. Detailed treatment plans will be drawn out after discussions with patient and/or their caregivers, taking into consideration their specific circumstances and preferences.

Treatment or surgery from other departments may also be required for wound healing. For instance, the patient may be referred to a vascular doctor to help improve blood flow to the foot to assist in wound healing.