

DO NOT

Expose feet to high or low temperature



1

- Too hot
- Too cold

Clean foot wounds with seawater and/or go for fish spa



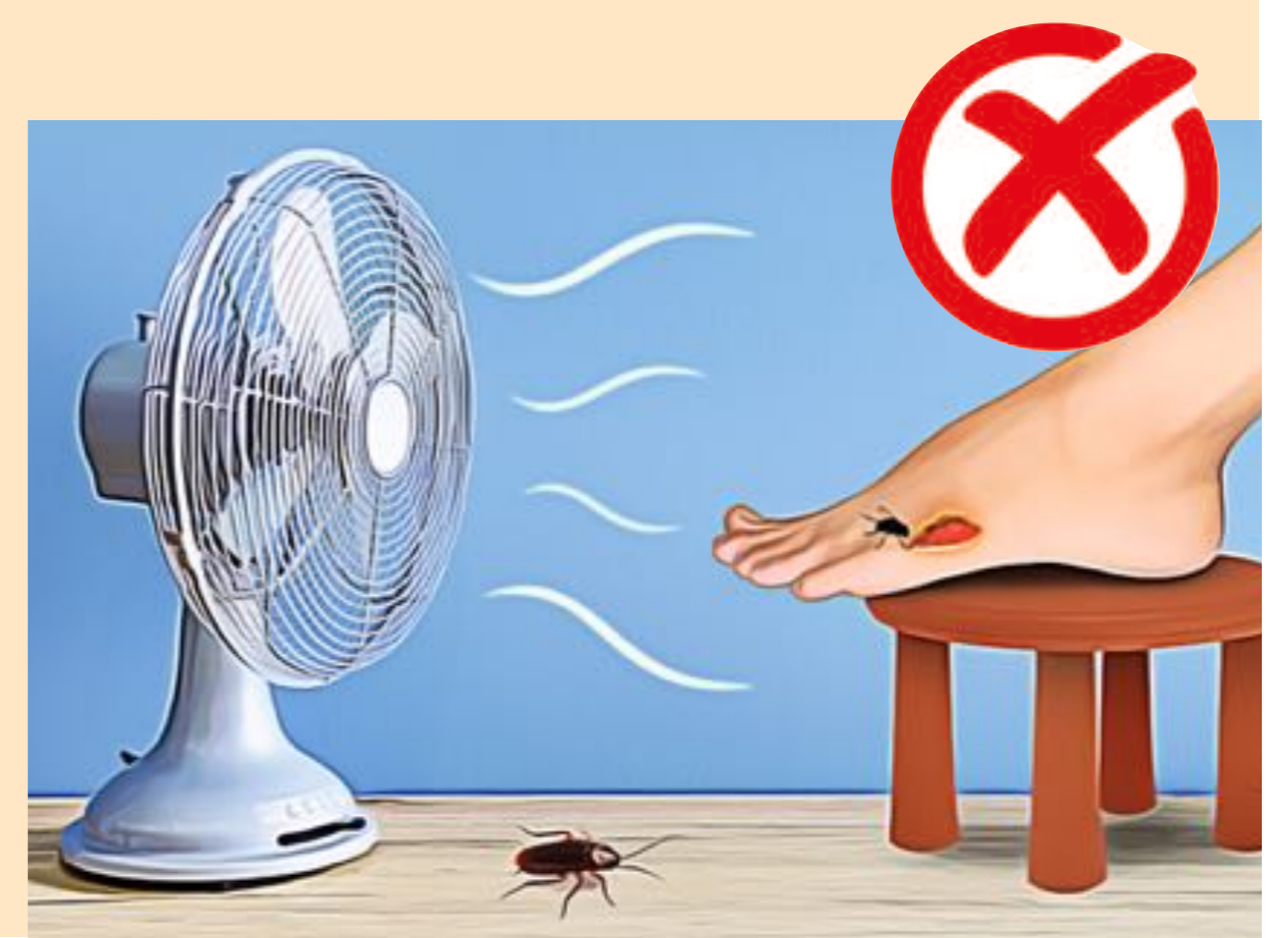
4

Walk barefoot or wear slippers



2

Leave wounds exposed to air-dry



5

Walk on pebble foot reflexology paths



3

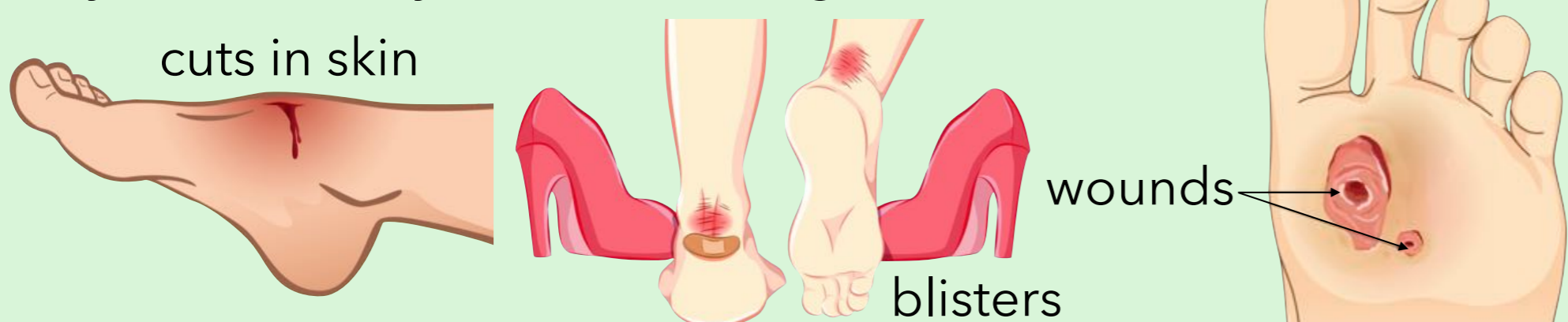
Use traditional remedies for wound care



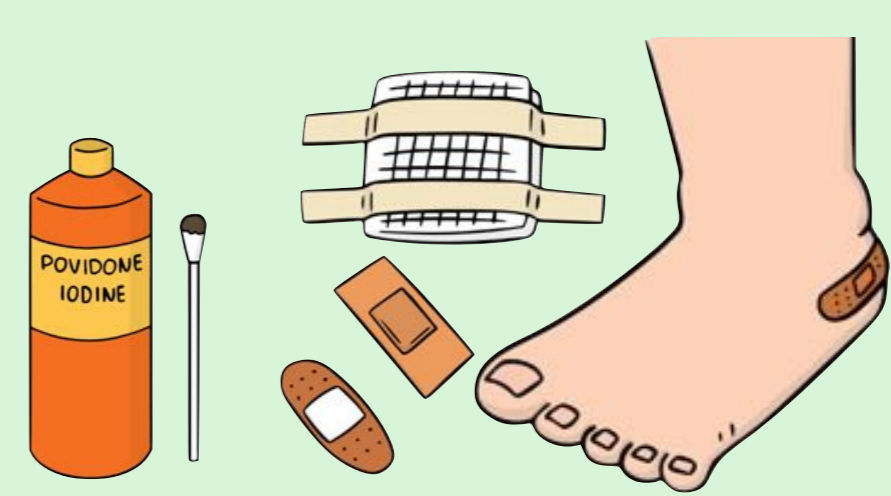
6

What to do in an emergency:

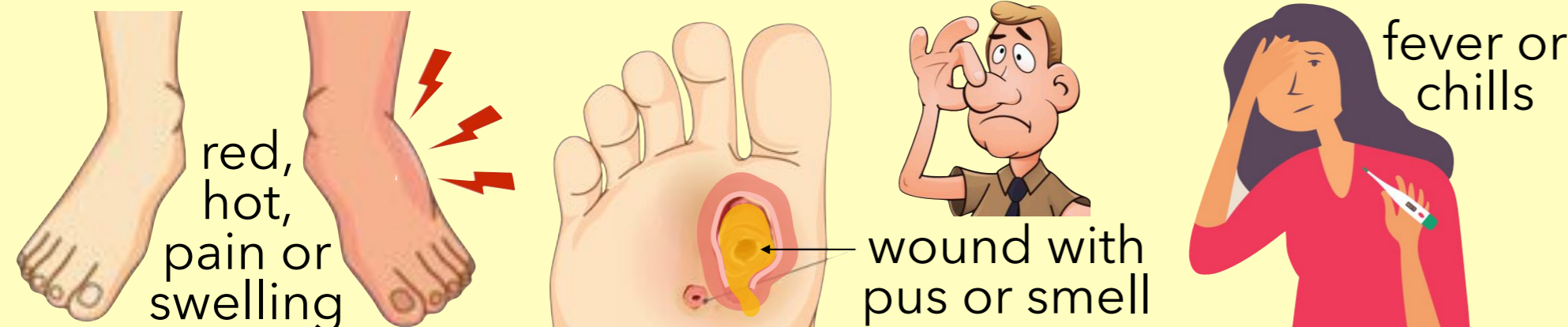
If you notice any of the following:



Clean with antiseptic solution and cover with a dry sterile dressing



If you notice any signs of infection or wound deterioration:



See the doctor or podiatrist within 24 hours



If you suddenly develop any of the following:



Go to A&E immediately



Any delay in seeking treatment could lead to severe complications

