

Advice for use of Adhesive Pads and Dressings

Information for patients
Podiatry Services



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Advice for use of Adhesive Pads

Your podiatrist has provided or you have purchased padding that is designed to stick to the skin. This material is for short-term use only as you will not be able to wash your feet properly, or care for your skin whilst the pad is in contact with the skin.

It is **very important** that you:

- ❖ Follow the advice of your podiatrist regarding how long to keep the pad in place.
- ❖ Remove the pad if it causes any irritation, redness or itching.
- ❖ Take particular care if you are diabetic or have poor circulation.

Advice about Dressings

Your podiatrist has applied a dressing to your foot. We use many different types of dressings, so please follow the advice given:

- ❖ Remove the dressing after days.
- ❖ Keep the dressing dry.
- ❖ Contact the Podiatry Department if the area becomes more painful, itchy or red around the dressing.

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