

7. Footwear and orthotics

Ulcer prevention:

These are good for preventing foot ulcer occurrence or if other options are not suitable for you.



If you are concerned about your foot ulcer being slow to heal, please discuss your options with your Podiatrist.

Respectful, Caring and Approachable

**This information has been prepared using research evidence available as of May 2016. This information sheet is a guide only.*

Contact Details

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Tasmanian Health Service (THS)

The THS integrates acute, primary and community services. This integration has given service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live. The THS includes Tasmania's largest hospital and referral centre plus a range of rural hospitals, multi-purpose and community health centres, supported by a wide range of community-based services.

THS welcomes feedback from patients and visitors to help us better understand your needs and improve care. Contact the Consumer Liaison Service on (03) 6166 8154.



Tasmanian Health Service Buildings are smoke-free sites.

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PODIATRY SOUTH

What options do I have to heal my foot ulcer?



Consumer Information Brochure

TASMANIAN
HEALTH
SERVICE

Tasmanian
Government

Best:
80% chance of
healing in 6 to
12 weeks.

Second best:
50% chance of
healing in 12
weeks.

Others:
Chance of healing
is not certain.

1. Non-removable cast

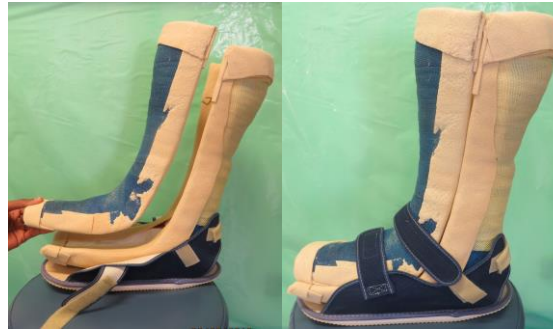


2. Non-removable walking boot



**Your Podiatrist will discuss with you your suitability for these options.*

3. Removable cast



4. Removable walking boot



5. Cast shoe



6. Wound Care™ or DARCO™ shoe



International guidelines recommend taking pressure off your foot ulcer for quick healing