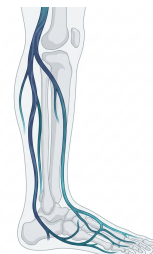


PATIENT EDUCATION · DIABETIC FOOT & WOUND CARE

Wound Care

Foot wounds — especially diabetic foot ulcers — are among the most serious problems a podiatrist treats. A wound that would heal quickly elsewhere can stall on the foot due to pressure from walking, reduced circulation, or infection. Professional wound care combines regular debridement (removing unhealthy tissue), offloading pressure from the wound, advanced dressings, infection control, and vascular evaluation when circulation is a concern. Time matters: the sooner a foot wound gets proper care, the better the outcome.



For educational illustration only.

At a Glance

Focus area	Diabetic Foot & Wound Care
Goal of care	Foot wounds — especially diabetic foot ulcers — are among the most serious problems a podiatrist treats.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Anyone with a foot or ankle wound that isn't healing
- Patients with diabetes and any break in the skin
- Those with wounds related to pressure, circulation, or injury

When to Seek Care

- Any wound on the foot that hasn't improved within days
- Redness, warmth, drainage, or odor (possible infection — prompt care)
- A wound you can't feel — numbness makes wounds more dangerous
- Black tissue or spreading discoloration (urgent)

How We Evaluate

- Wound assessment — size, depth, and tissue quality
- Infection evaluation and circulation screening
- Identification of the cause: pressure, footwear, deformity, or vascular disease

Treatment Options

- Regular debridement to promote healthy healing
- Offloading with special shoes, boots, or total-contact casting
- Advanced dressings matched to the wound's needs
- Infection management and coordinated vascular evaluation when needed

What to Expect

1

A structured healing plan with regular follow-up

2

Wound measurements tracked at every visit

3

Fast escalation if healing stalls — including vascular referral

Common Questions

Why won't my foot wound heal?

The most common reasons are continued pressure from walking on it, poor circulation, infection, or unmanaged blood sugar. Effective wound care addresses all of them at once.

When is a foot wound an emergency?

Spreading redness, fever, foul drainage, black tissue, or a deep wound exposing tendon or bone need urgent care. When in doubt, call us the same day.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov
- American Diabetes Association — diabetes.org

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.