



WOUND CARE AND ULCER MANAGEMENT

An Information Pack

Great Dunmow Osteopathy & Health

12 Stortford Road, CM6 1DA



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A Note from Joe Hellier, Clinic Director

In our experience, wound care and ulcer management are a problem where people leave it far longer than they need to before seeking proper care. They are common, treatable and yet many people put up with the problem for years, trying home remedies that don't quite solve it.

We have written this pack for the patient who wants to understand what is going on before picking up the phone. It explains what wound care and ulcer management are, what may be contributing to them, and how our programme treats the problem properly.

There are no costs in these pages and no pressure to book - only the information we believe you need to make a considered decision.

If, after reading, you would like to talk to one of our podiatrists, the details for doing so are at the end.

Joe Hellier

Clinic Director, Great Dunmow Osteopathy & Health



Our Approach to Foot Care

We treat foot conditions the way we treat every area of the clinic: with thorough assessment, evidence-informed care and a clear plan from the outset.

Three principles shape our work in this area:

Proper diagnosis first

We do not begin treatment until we have a clear picture of what is going on. Wound Care and Ulcer Management can sometimes look like other foot problems, and identifying the right cause is the first step. Where appropriate we refer onward - to your GP or another specialist - before, alongside, or instead of treatment with us.

Skilled, evidence-led care

Our wound care and ulcer management care is delivered by registered podiatrists using the techniques and equipment best suited to the problem. We do not rush appointments and we will tell you honestly if a problem needs a different approach.

Honest, clear advice

You will leave each appointment knowing exactly what we found, what we did, what to do at home and when you need to come back (if at all). Many of the problems we treat resolve in a single visit.



Understanding the Condition

Debridement is the careful removal of dead, damaged or infected tissue from a wound. It's one of the most important things we do because dead tissue prevents new healthy tissue from growing and provides a home for bacteria. We use sterile instruments and the procedure is usually painless because dead tissue doesn't have nerve endings. Most patients are surprised at how much healing improves after their first debridement.



Contributing Factors

Wound Care and Ulcer Management almost always has more than one cause. Identifying which factors apply to you is part of the work of the initial appointment.



Three Common Presentations

While every case is different, the patients we treat for wound care and ulcer management most often present with one of three recognisable patterns. Identifying which applies to you is part of the work of the initial appointment.

Diabetic Foot Ulcer

An ulcer in a person with diabetes, most commonly on the sole of the foot or under a bony prominence. Diabetic foot ulcers need a low threshold for specialist input.

We provide regular debridement, appropriate dressings, offloading advice and close co-ordination with your GP, diabetes team and hospital diabetic foot clinic as needed.

Time is critical with diabetic foot ulcers — early specialist input significantly improves outcomes.

Non-Diabetic Chronic Wound

A wound or ulcer that hasn't healed in the expected timeframe (usually 4 to 6 weeks). Often associated with reduced circulation, pressure from footwear or underlying biomechanical issues.

We assess the underlying causes, debride the wound to encourage healthy tissue growth, apply appropriate dressings and address the contributing factors (footwear, pressure, hygiene).

Most chronic non-diabetic wounds heal well with proper specialist care.

Post-Surgical Foot Wound

A wound from recent foot surgery (bunion, nail surgery, other procedure) that needs specialist follow-up to heal cleanly and avoid complications.

We monitor healing progress, change dressings as needed, watch for signs of infection or delayed healing and provide footwear and weight-bearing advice during recovery.

Regular podiatry follow-up after foot surgery significantly reduces complications and gets you back to normal faster.



Our Programme

Our foot wound care programme combines sterile debridement, modern dressings, infection monitoring and close co-ordination with your other healthcare providers.

Initial consultation

You start with a thorough assessment of the wound and surrounding area. We examine the wound carefully, take a detailed history including any underlying conditions (diabetes, circulation issues, immune problems), check sensation and blood flow and review what treatments have already been tried. You'll leave with a clear plan and the right dressings in place.

Treatment course

Debridement (the careful removal of dead or unhealthy tissue) is a critical part of wound healing that's often missed in standard care. It promotes healthy tissue growth and significantly speeds healing.

Review and aftercare

We work closely with your GP, practice nurse, diabetes team and hospital foot clinic where relevant. We communicate findings and treatment plans so everyone caring for you is informed.



Care After Your Appointment

Most of the conditions we see can be largely resolved in one or two appointments. After your treatment we give you everything you need to keep the result and stop the problem coming back.

Immediate aftercare

You will leave with a clear written aftercare plan tailored to your treatment. Most patients walk out comfortably and can carry on with their day as normal. Where a dressing or specific footwear is needed we explain everything and provide what you need to take home.

At-home care

We give simple, practical advice on cleaning, moisturising, trimming and footwear that is realistic to keep up day-to-day. Most relapses come from small daily habits, and a few minutes of the right routine can keep your feet healthy long-term.

When to come back

Some conditions need a follow-up to check progress. Others are sorted in a single appointment and we will tell you so. Many of our patients see us regularly for routine maintenance, especially if they have a condition that tends to recur.



Your Next Step

If you would like to book a podiatry appointment or simply discuss your situation in more detail, you can reach us by phone, email or via the booking page on our website.

All initial enquiries are handled by our clinical team. There is no obligation to book treatment after an assessment, and no judgement if it turns out a different approach is the right fit.

We look forward to hearing from you.

Contact

Phone: 01371 502 088

Email: info@gdoc.co.uk

Web: www.gdoc.co.uk

Clinic: 12 Stortford Road, Great Dunmow, CM6 1DA