



# Case of the Month

## Emergency Room Drama: Severe Foot Infection

June 2015

### Dear Physician,

Thank you very much for your referrals to our office. We love helping your patients restore their active lifestyles. This month's case concerns a chronic foot wound referred to me by our ER Doctor. Happy Reading!

### The problem:

On March 26, 2015, I was called by the emergency room at the hospital to see a diabetic patient with a severe infection in the left foot. The patient history was remarkable being that of an uncontrolled diabetic with a blood sugar in the range of 300+ and long term smoker. His left foot had a callus under the second metatarsal head that became ulcerated and in turn got infected.

### Initial treatment of the problem:

In the hospital, later that day, the patient underwent surgery to clean the wound. Tissue was removed from the plantar aspect of the foot that extended all the way across the foot underneath the metatarsals. The infection then broke out through the top of the foot between the fourth and fifth toes. This was all debrided. The patient spent 4 total days in the hospital.

For the next month, the patient was placed on a wound VAC and collagen was used to stimulate granulation tissue to help the large wound heal. During that time, the patient controlled his blood sugar for the first time in years and decreased smoking from 2 packs a day to about 2 – 3 cigarettes a day.

### Long term solution:

The initial callus was caused from too much pressure on the patient's forefoot and second metatarsal. In the long run, this patient will need to have an Achilles tendon lengthening surgery and custom foot inserts to prevent re-ulceration.

Yours in Good Health,

Darren J. Silvester, DPM

Dr. Silvester's unique skill set and expertise treated the patient's foot infection from start to finish and solved the cause of the ulcer to prevent it from occurring again in the future. If you have patients who have a foot wound, please don't hesitate to refer your patient to us 830.569.3338. If you would like to learn more, call Stephanie to schedule a lunch and learn.



Foot Bottom



Foot Bottom  
May 26, 2015



Foot Top  
April 6, 2015



Foot Top  
May 26, 2015

