



Physician to Physician

Healing Foot Ulcers Quickly

March 2016

Dear Physician,

Thank you very much for your referrals to our office. We love helping your patients restore their active lifestyles. This month I want to speak with you about healing foot ulcers quickly.

A Real Problem

A patient came in with a foot wound. She suffered for four years and had seen other doctors, wound care centers and tried all sorts of treatments and spent thousands of dollars. She underwent Hyperbaric oxygen treatments, skin grafts, and tried multiple wound care products all to no avail. **There is one main cause for foot wounds: pressure.** The pressure can be from deformities, Achilles tendon contracture (a well documented occurrence), bad shoes or other problems. If pressure can be alleviated then the ulcers are much more likely to heal and stay healed.

The Cause

These photos are of the patient who came to see me with an ulcer that had been present for 4 years. The ulcer located on the bottom of her big toe joint was due to a large bunion deformity and a contracted Achilles tendon. These deformities caused too much pressure on the ball of her foot.

What is the Answer?

On the patient's first visit to Next Step Foot & Ankle Clinic, I suggested a surgery to fix the deformities. The patient resisted for a year. Finally after 4 years of having this ulcer, she underwent surgery to correct the deformities. Two weeks later, the ulcer closed and it has stayed closed.

About Next Step Foot & Ankle

At Next Step Foot & Ankle Clinic, not only do we provide excellence in wound care, we are also qualified to address the root cause of the ulcer. We provide a fully array of diabetic foot care including: vascular testing, nerve testing, diabetic shoes, fall prevention, patient education and surgery when needed to correct deformities. We look forward to treating your patients in our office. Please consider us as a resource for your difficult foot patients.

Yours in Good Health,

Darren J. Silvester

LIKE US ON



4 Year Old Ulcer
before surgery:



Healed Ulcer
2 weeks post op:



New Location!



13525 Centerbrook
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- Neuropathy
- Diabetic Foot Care
- Fungal Toenails
- Heel Pain
- Ingrown Toenails
- Ankle Pain
- Flat Feet

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