

Foot Care / Treatment

NHS podiatry in Cambridgeshire is accessible to those that meet a certain criteria. However, for those people that don't meet this criteria they may want or need to access a foot care service. Feet Focus Community Footcare is a low cost foot care service to meet the local need. It is a fee paying service that uses HCPC registered Podiatrists and College of Podiatry trained foot care assistants to deliver nail cutting and callus/corn care.

There are two charges for services depending on your requirements:

- £20 for nail cutting and nail care including reducing the thickness of nails or treatment of corns and hard skin
- £25 for treatment of both nail care and any work that involves treatment for corns and hard skin.

Alternatively if you're looking for a podiatrist or chiropodist near to where you live or work, then The College of Podiatry represents over 10,000 practicing members, all registered by the Health & Care Professions Council (HCPC).

Contact Address:

Second Floor Quartz House
207 Providence Square
Mill Street
London SE1 2EW
Tel: 020 7234 8620
Web address:
www.scpod.org/find-a-podiatrist

For further information about this service contact:

Tel: 03307 260077

Email: cpm-tr.podiatry@nhs.net

Cambridgeshire and Peterborough NHS Trust

Tel: 01223 726789

Email: communications@cpft.nhs.uk

Website: www.cpft.nhs.uk

Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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How To Look After Your Feet



How to look after your feet

Looking after your feet is one of the most important aspects of your personal health care. This leaflet will give you some hints and tips on how to look after your feet, and what to do if you do have problems. Following a daily routine to keep your feet clean and free from infection will help prevent potential foot problems:

- Wash your feet every day in warm water (don't soak them, as this might destroy the natural oils) and dry thoroughly, especially between the toes.
- If you can see and reach your feet, cut your nails after a bath when they are softer. Trim your toe nails regularly, using proper nail clippers. Cut straight across, not too short and not down at the corners as this can lead to in-growing nails.
- When the nails are short, file them regularly using a long handled emery board as this is often easier to do than clipping the nails.
- Keep feet warm, but don't cook them in front of the fire!

How to look after your feet

- Any minor cuts or abrasions should be covered with a clean dry dressing. Blisters should be left to dry out on their own but if they burst, apply a clean dry dressing. Seek professional treatment if they do not heal quickly. Wounds (sometimes called ulcers) should be assessed and treated as a matter of urgency within 24 hours, especially if there is redness or swelling around the area.
- Keep corns and hard skin under control, using a foot file, emery board or pumice stone. Don't cut corns yourself, or apply 'over the counter' lotions or acids unless directed by your Podiatrist or Healthcare Practitioner.
- If your skin is dry, apply moisturising cream all over the foot, except for between the toes.
- Seek prompt treatment for burns, cuts and breaks in the skin, and for any unusual changes in colour or temperature. This is particularly important if you have diabetes.
- Exercise is a good way of keeping your feet and joints mobile whilst also keeping them warm and improving circulation. To refresh feet, massage gently with a foot roller, or ask your partner to massage your feet.

Footwear

- Always wear footwear – even at home. It is possible to damage your feet without knowing.
- You should also make sure your footwear fits well. With increasing age there may be a need to wear more supportive shoes. Lace up or Velcro fastenings give more support than a slip on shoe.
- Avoid wearing shoes or socks which are too tight as they can restrict your circulation or cramp your toes.

