

How to find a Podiatrist

We are unable to give you a list of Podiatrists as this changes frequently, the following advice will help you find a suitably qualified person to carry out your foot care.

Look for a Podiatrist who is **HCPC** registered.

The **Health Care Professions Council (HCPC)** protects the public by regulating all 16 health and care professions and this includes Podiatry.

You should check your Podiatrist is HCPC registered you can access the register online at hpc-uk.org

The **College of Podiatry** at cop.org.uk/find-a-podiatrist/ is the main professional body for Podiatrists who have completed their degree in Podiatry, these Podiatrists will have B.Sc. or M.Ch.S. following their name.

The Yellow Pages carry an up to date list if you look for Chiropodists or Podiatrists or go online to www.yell.com

The local paper will carry adverts but always check they mention HCPC registration.

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Podiatry & Foot Health Services

Foot Care Advice



Podiatry office number:

01743 277681

Service Policy

The Podiatry and Foot Health Service provides care for adults and children with clinical and medical-related foot problems that mean they are unable to safely or effectively look after their own foot care.

Services we do not offer

Personal care defined as toe nail cutting and skin care, including the tasks that healthy adults would normally be expected to carry out as part of their everyday personal hygiene.

Foot Care Advice

We advise that you check and wash your feet daily with soap and water, we do not advise soaking the feet for long periods of time as this can dry your skin.

Ensure that you dry well in between your toes to help prevent the skin becoming too moist, splitting and the onset of fungal infections. Cotton buds can be useful for drying in between your toes!

Gently file areas of hard skin with a pumice or foot file. Filing little and often is the most effective method.

Apply moisturiser to your feet daily avoiding your nails and in between your toes. If the skin around your nails is dry you can apply olive oil or baby oil. Oil does not leave residue around the nails in the same way that cream can.

Nail Care Advice

Trim your nails carefully following the natural shape of the nail. Do not cut down the sides, this can lead to ingrown toenails.

If you find it difficult to cut your nails they can often be cared for more easily with regular filing. Relatives/Carers may also feel more comfortable filing your nails rather than cutting them.

You should file the nail downwards, in one direction and then gently smooth away any rough edges with the file.

Filing your nails weekly should be enough to manage the growth effectively.

You can contact the department on the number overleaf should you have any medical problems or concerns with your feet.

A referral can be made in to the department by your GP if you are not already registered with us.

Your Podiatrist will be happy to demonstrate nail care techniques at your appointment to you or a relative/carer if required.

