

For further information please contact:

The Department of Podiatric Medicine
Clevedon Community Hospital
Old Street
Clevedon
North Somerset
BS21 6BS

For Weston, Winscombe, Worle & Yatton Clinics
Telephone: [01275 547 085](tel:01275547085) or

For Clevedon, Nailsea & Portishead Clinics
Telephone: [01275 342 285](tel:01275342285)



Complaints / PALS Information

Whether you want to complain, enquire or simply talk to someone about your concerns, we are here to help and support you.

North Somerset Community Partnership Patient Advice & Liaison Service (PALS) Office can be contacted at:

Patient Advice & Liaison Service (PALS)
North Somerset Community Partnership
Castlewood POX Box 237
Tickenham Road
Clevedon
North Somerset
BS21 9AX

Freephone: 0800 389 5260

Email: nscp.pals@nsomersetcp-cic.nhs.uk

If you require this leaflet in large print, braille, audio format or in another language please contact the Patient Advice and Liaison Service. (PALS) Please contact us on the freephone number or email address above. We are pleased to offer a telephone interpreting service. For further details on how to access this service, please contact PALS using the details above.

Patient information leaflets are available for all services provided by North Somerset Community Partnership. Please ask your health care professional. North Somerset Community Partnership is committed to Equality and Diversity for both staff and those who use our services.



Updated Mar 2014



Taking Care of your Feet

A guide to Foot Care

Department of Podiatric Medicine



Updated Mar 2014

Basic foot care

Wash feet every day and dry gently, especially between toes. Use talcum powder sparingly to prevent it collecting between the toes. Make sure that feet are dry before putting on socks and shoes.

Patients with Diabetes should pay particular attention to general foot care. Diabetes can cause poor circulation and loss of sensation. Often this can lead to problems going unnoticed. **It is essential that diabetics check their feet daily and have an annual foot check by an appropriate health care professional.**

Cutting & Filing Nails

Always cut nails following the shape of the toe. Never cut down the corners of the nail or poke down the sides. If you cannot bend down, ask a friend, or family member or carer to help with basic nail care.



Common foot complaints

Athletes Foot

This is a fungal infection, often caught in changing rooms or showers. Symptoms may be pain or itching with soft, moist and broken skin. It may be most troublesome in summer when sweating feet create ideal conditions for the fungus to spread. If athletes foot is detected use an anti-fungal preparation available from your local Pharmacist.

Verruca

Also often caught in communal washing areas, this virus is common in children and young adults. A verruca is a wart that may vary considerably in size. If painful, visit a Podiatrist for advice or obtain an over the counter remedy from your local Pharmacist.

Chilblains

Exposure to cold causes chilblains. These appear as itchy swellings often on the ends of toes, made worse by poor circulation. In cold weather, heating the feet too quickly in front of the fire or with a hot water bottle can make chilblains more painful.

Corns and callus

Accumulated layers of dead skin, usually the result of pressure, often from badly fitting shoes. Seek treatment from a Podiatrist and improve the fit of footwear.



Bunions

Bunions result from a deformity of the big toe joint. They may become swollen and painful, making walking difficult. They may be inherited and can be made worse by ill fitting footwear.

Foot Wear

Have your feet measured when buying shoes, as the shape and size of your feet change over the years. Buy shoes in the afternoon as your feet may swell during the day. Make sure there is plenty of room in the toe-box for your toes to move.

Look for a firm sole and soft leather, suede, or breathable material uppers. Look for lace-ups or adjustable fastening footwear. Avoid ill-fitting footwear. Allow wet shoes to dry out before wearing them. Make sure there is plenty of room for your toes.

Hosiery

Wear socks made of natural fibres such as cotton or wool as they allow feet to breathe. Make sure socks and stockings are not too tight. Change hosiery daily. Do not wear garters.