

For further information please contact:

The Department of Podiatric Medicine
Clevedon Community Hospital
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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](tel:08003895260)

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

Skin Care

Department of Podiatric Medicine



Blisters

A blister is a fluid filled sac of skin. They occur where the skin has been rubbed. Blisters can be caused by shoes that are too tight or too loose, or you could have walked too far.

If you get a blister, cover the area with a sterile dressing. If the blister has broken, clean the area with salt water and cover with a sterile dressing. Do not remove any loose skin. If the blister has not broken, do not burst it. This opens up the underlying skin to infection and may become more painful.

If you require any further help or advice, please contact a HCPC Registered Chiropodist / Podiatrist.

Your feet are extremely important to your mobility and basic well-being. If your feet feel sore or uncomfortable then they affect what you are doing. They are usually pushed into shoes that are too small, and forgotten about until they become painful.



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.



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.

Tips for looking after skin

Carrying out a few simple tasks to care for your feet could save you a lot of discomfort in the future.

Feet should be washed daily, but do not soak them for long periods. This can cause the skin to become soggy, which can lead to infections. Dry your feet well, being careful not to pull the toes apart too much as this can cause splitting of the skin between the toes.

If you have difficulty drying between the toes, apply surgical spirit with a cotton bud and allow it to evaporate. Once you have put the cotton bud between your toes, do not dip it back into the bottle of spirit. Should you have a skin infection such as Athlete's foot, you could spread it from one foot to the other.

Avoid using talc as a means to dry your feet. It tends to build up between the toes, trapping moisture, which can lead to an infection. Talc is also very drying on the skin.

Rub a small amount of moisturising cream into your feet. It does not have to be a specific cream for the foot. This will help to prevent dry skin and the massage effect will help your circulation. If you can persuade someone to do this for you, it can be extremely relaxing. Socks and stockings should be changed daily to help keep your feet fresh and comfortable.

If you find that your feet sweat excessively the following may help:

- Wear shoes with leather uppers
- Wear sandals in the summer
- Wash your feet daily, or even twice a day if necessary
- Apply surgical spirit if your skin is soggy

