

Podiatry treatment

When podiatry treatment is required it is important to seek advice and the expertise of a qualified podiatrist who is registered with the Health and Care Professions Council (HCPC).

You can find this out through the internet at the HPC website:

www.hpc-uk.org

Contact details

Podiatry Department
Ards Community Hospital
Church Street
Newtownards
BT23 4AS

Tel: **(028) 9151 0240**

Podiatry Department
Bangor Community Hospital
Castle Street
Bangor
BT20 4TA

Tel: **(028) 9147 5137**

Podiatry Department
Ulster Hospital
Dundonald
BT16 1RH
Tel: **(028) 9048 4511 Ext. 2801**

Podiatry Department
Lisburn Health Centre
Linenhall Street
Lisburn
BT28 1LU

Tel: **(028) 9250 1214**

Podiatry Department
Downpatrick Health Centre
Level 1, Downe Hospital
2 Struell Wells Road
Downpatrick
BT30 6RL

Tel: **(028) 4461 3811**

**Important
Foot Care
Advice**

Podiatry Department

Foot care

Many foot problems can be prevented through a good foot health care regime.

General foot care advice

1. Wash your feet daily in luke warm water with soap. Do not soak feet for long periods of time as this can lead to the drying of the skin
2. Dry feet thoroughly, especially between toes
3. A foot file or pumice stone can be used to remove dry or hard skin
4. Apply a thick moisturising cream to the foot, taking care to avoid in between toes and nail edges. Daily moisturising will prevent drying and cracking of the skin
5. Moist areas of the skin especially in between the toes can be treated by applying surgical spirit using cotton wool
6. Ensure footwear fits well, check shoes daily for general wear and tear and objects inside the shoe.

Nail care

The cutting of healthy nails is not a specialised task and can be carried out by anyone involved with an individual's personal care regime.

- Nails should be cut preferably after bathing when the nails have softened
- Examine the nails before you cut them. Note their condition - brittle, thickened or curved nails need more care. Protruding flesh under the free edge of the nail can occur and this should not be cut
- Always leave a small free edge of the nail. **Do not cut the nail too short**
- Cut the nail straight across, any sharp corners should be filed
- Do not probe down the sides of the nail as this can lead to infection and ingrown toe nails. A 'v' should never be cut in the centre of the nail as this may cause damage to the nail bed.
- If the nails are thick, filing them across the nail can help to remove thickness. Regular filing keeps the nails short and reduces the need for nail cutting.

Basic first aid

If you find a cut or an abrasion:

1. Wash your hands thoroughly with soap before attending to the injury
2. Clean the injury using gauze and water
3. Apply a sterile dressing
4. Secure the dressing lightly with adhesive tape. Do not place the tape directly onto the wound
5. Never burst blisters, leave them to dry up. If they burst apply a clean dressing as above
6. Never use strong medications such as iodine or TCP.

Serious problems, such as infection, should be reported to the GP/ Podiatrist for immediate advice and treatment.