

NHS Lothian Podiatry Department

Information for Patients

From the information provided in your recent application form, your request for foot care falls under personal foot care. Personal foot care involves conditions such as hard skin, corns, fungal nails and general nail care. This is not provided by the podiatry department as we only see patients who have a serious medical or clinical need. If you have any concerns and would like to discuss your request for assistance with a Podiatrist please contact **0131 536 1627**.

Alternative personal foot care options are:

Self-Care of Your Feet

- Always cut your toenails straight across. Do not cut down the corners. If you cannot cut your toenails, use a nail file or an emery board once a week.
- Use an emery board/foot file on dry skin/callous and apply moisturising cream on a daily basis, but not between your toes.
- If you are unable to manage your own foot care, family/friends/carers may be able to help.
- Search online for “Edinburgh Community Podiatry” and follow the links to see our short online videos for: Management of skin care/simple foot care/heel pain.
- You can also search online for the Scottish Government personal foot care information at www.lookafteryourfeet.info
- Wash your feet daily and dry carefully (especially between the toes).

Alternative Care Providers

The voluntary sector (nail care only) charges a small fee.

- Prestonfield Day Centre (0131 620 7222) (over 50 years of age).
- Eric Liddell Centre at Morningside, Restalrig Lochend Community Hub and St Martin's Community Resource Centre, Dalry Road (phone **0131 447 4520** for the above three sites) no age restrictions in place.

Non-NHS Podiatry Providers

Should be registered by the Health and Care Professions Council (HCPC) check online at www.hpcheck.org