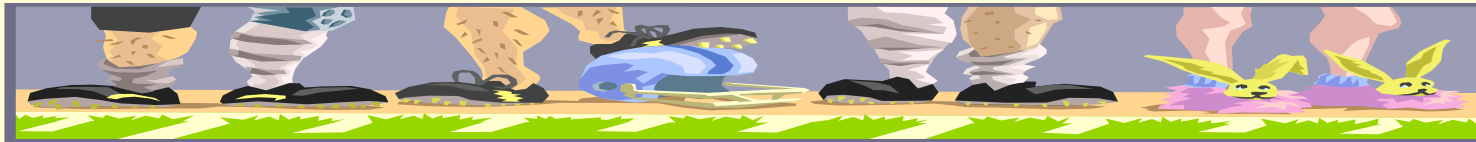


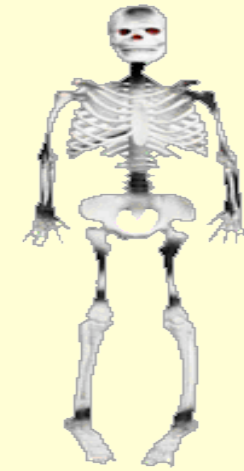
Advice on Foot Care from Podiatrists and Nail Carers in Birmingham



Who are we and what do we do?



- Nail Carers are trained to provide a **BASIC** foot care / nail cutting service for anybody who struggles to take care of their own nails. They are also trained to massage your feet and can give you a manicure or pedicure. They are registered locally with Birmingham Settlement.
- NHS Podiatrists are experts in foot and lower leg assessment, diagnosis and treatment. They are listed nationally on the Health Professions Council Register. They are employed by the NHS to treat the feet of those with high risk clinical conditions that require a specialist treatment
- Private podiatrists are also HPC registered and provide services for which you pay.



Nail Carers can :

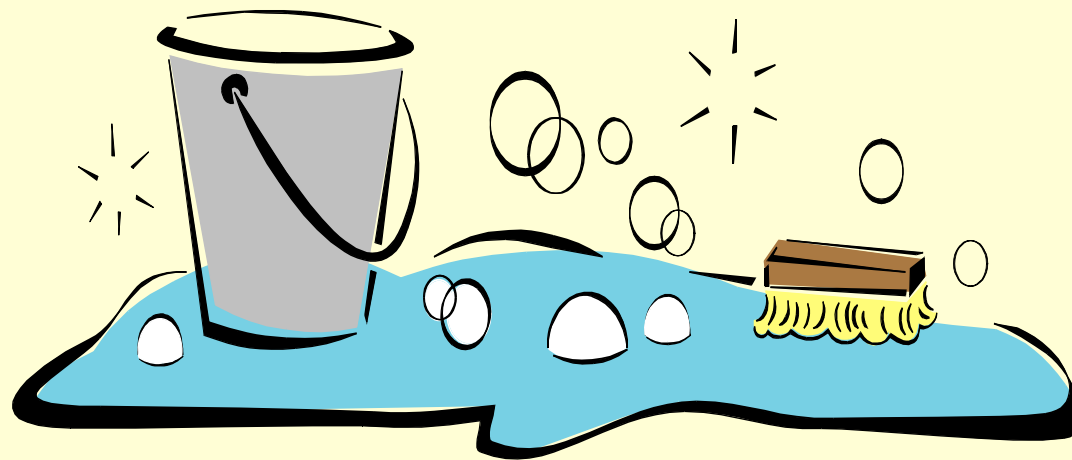
- Safely cut your finger or toe nails
- Work with split and fungal nails
- File your nails
- Provide optional extras at some outlets including manicure and pedicure or foot massage
- Give you basic advise on footwear and self help
- Refer you to Birmingham's NHS Podiatry department when they decide you are in need of further help

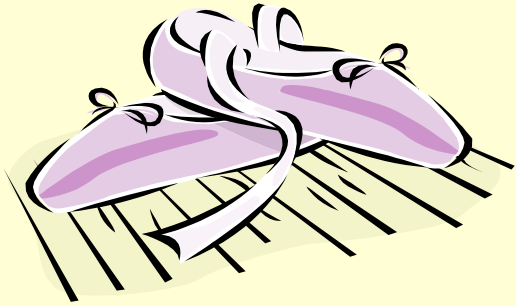
What can I do to help myself or a relative/friend

- Keep your feet clean
- Wear adequate footwear
- Change your socks or stockings daily
- File your nails/ callus once a week
- Use appropriate first aid when you have problems
- Talk to your Nail Carer about any concerns when you visit them and consult GP/Podiatrist if your problem persists

Keep feet clean

- Wash them daily
- Use warm soapy water
- Dry them well especially between the toes
- Apply a little hand cream (but not between the toes)





Shoes



- Wear low heels
- Preferably wear leather shoes
- Use shoes which are lace up or have velcro
- Don't use slip on shoes
- Use larger size shoes if you need to
- Avoid slippers without fastenings



Socks and stockings

- Use socks or stockings made of natural fibres
- Avoid tight garters
- Make sure you have space to move your toes / leave space at toe
- Use socks or stockings which have flat seams if possible



Use of File

- Use dry, before washing
- Use either side
- Scrub under running water after use



First Aid

- Check for breaks in the skin
- If you spot a problem: Clean it, cover, it and keep an eye on it
- Change dressings daily
- Show GP, Nurse, Podiatrist or Nail Carer if it doesn't get better



Who to contact if you are concerned about your feet

- Your Nail Carer
- NHS or private Podiatry clinic if you are registered or
- Doctor or Practice nurse in usual way - tell receptionist what the problem is



To find a Nail Carer
click “where can I go for Nail
Care ” on this web site
to access an NHS Podiatrist
visit your GP and ask for a
referral