

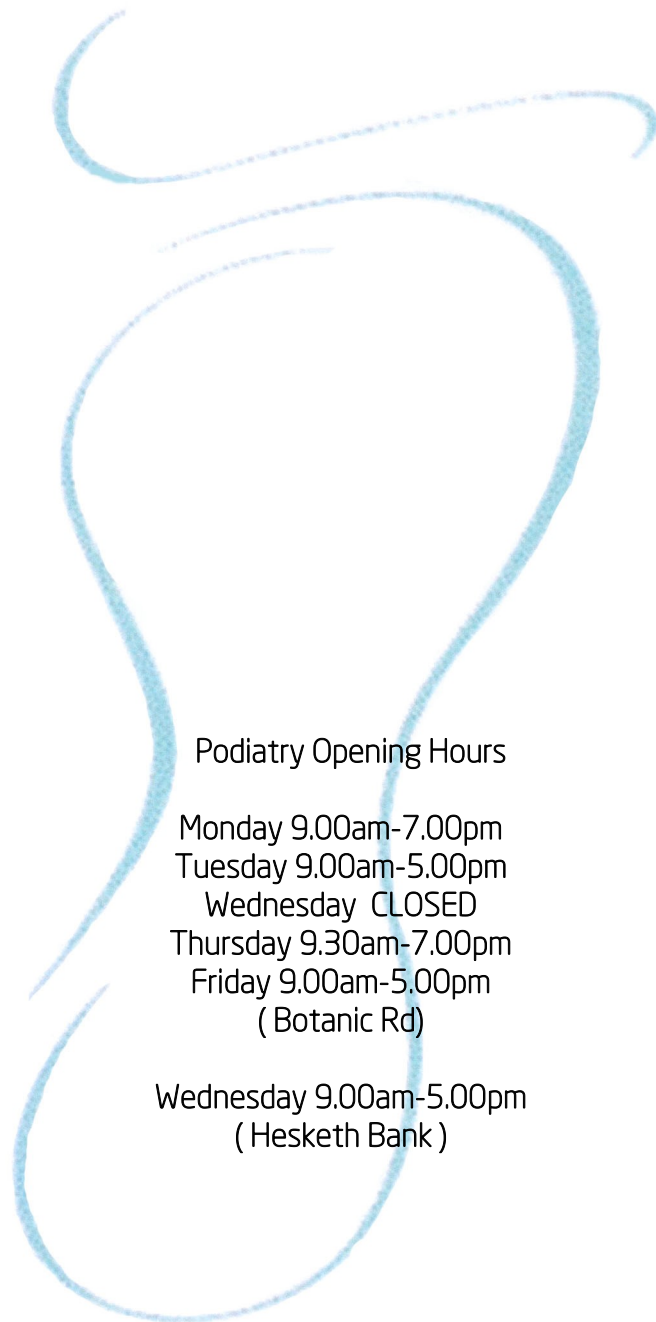


DISCLAIMER.

The information contained in this leaflet has been summarised and provides a broad consumer understanding and knowledge of foot health topics. The information should not be considered complete and should not be used in place of a visit, call, consultation or advice of your HCPC Registered Chiropodist, Podiatrist, Or G. P. The information does not recommend the self management of foot health problems. Information obtained by reading this leaflet is not exhaustive and does not cover all Diseases, Ailments, Physical conditions or their treatment.

Should you have any foot health care related questions please call or see your HCPC Registered Chiropodist / Podiatrist or G. P. or other health care provider promptly.

You should never disregard medical advice or delay seeking it because of something you have read.



Podiatry Opening Hours

Monday 9.00am-7.00pm
Tuesday 9.00am-5.00pm
Wednesday CLOSED
Thursday 9.30am-7.00pm
Friday 9.00am-5.00pm
(Botanic Rd)

Wednesday 9.00am-5.00pm
(Hesketh Bank)

GENERAL FOOTCARE



CHRIS LEAN
& ASSOCIATES
36a-38 BOTANIC RD
CHURCHTOWN
MERSEYSIDE
PR9 7NE

Tel: 01704 233358

E-MAIL clandassociates2@hotmail.com

GENERAL FOOTCARE

DAILY ROUTINE

Proper foot care is essential to healthy painless feet, and should be as much a part of your daily routine as brushing your teeth.

Its never too early or too late to start caring for your feet, and there's a lot you can do for yourself.

Follow these tips for good foot health.

Wash your feet every day in warm soapy water 'don't soak them, as this might destroy the natural oils' and dry thoroughly especially between the toes.

If your skin is dry, apply moisturising cream all over your feet, except the toe webs.

Lightly apply foot powder.

Remove hard skin gently with a pumice stone, but not if it is over a bony area or joint. If this is the case, or if the hard skin is painful, consult your HPC Registered Chiropodist / Podiatrist.

Trim your toe nails regularly, using proper nail clippers. Cut straight across, not too short, and not down at the corners as this can lead to in-growing nails.

Keep feet warm, and exercise to improve circulation.

Always wear the right shoe for the job. See our guide to buying shoes.

Seek prompt treatment for burns, cuts and breaks in the skin, and for any unusual changes in colour or temperature. This is particularly important if you have diabetes.

If your feet hurt something is wrong! You can also prevent foot problems before they occur by visiting a HPC Registered Chiropodist / Podiatrist for advice on how to keep your feet healthy.



Useful Contacts.

Society of Chiropodists and Podiatrists.
1 Fellmongers Path,
Tower Bridge Rd.
London SE 7 3LY
Tel; 020 7234 8620

Arthritis Care
18 Stephenson Way,
London N W 1 2 H D .
Tel; 020 7916 1500

Helpline, 0808 800 4050.

Health Professions Council
Park House
184 Kington Park Rd
London SE11 4BU

Tel: 020 7582 0866

www.hpc-uk.org

