

Accessing the Podiatry Service

You can be referred by your GP or consultant, social care team, relatives or carers, practice nurse or district nurse. You can also self refer by completing a referral form available from your local community health centre, GP practice or the CSH Surrey Referral Management Centre (RMC):

E: CSH.Referrals@nhs.net
T: 020 8394 3868

Who do we see?

We accept referrals for people who might be at risk from any of the following:

- Diabetes
- Anticoagulant therapy (eg Warfarin)
- Weakened immunity (eg undergoing chemotherapy)
- Peripheral vascular disease
- Peripheral neuropathy
- HIV / Hepatitis B
- Inherited conditions (eg hyperkeratosis)
- Rheumatoid arthritis
- High dose steroid therapy.

We also accept referrals for those who have:

- In-growing toenails
- Functional problems
- Sports injuries
- Foot ulcers
- Severe sepsis
- Severe corns or calluses
- Severe foot deformity.

Please note: CSH Surrey is not funded to provide toenail cutting, treatment of minor corns and calluses, or foot problems not associated with specific medical conditions.

Need to contact the service?

Please go via the Referral Management Centre (details in the Accessing the Podiatry Service section).

Your experiences

CSH Surrey is committed to putting people first and continually improving services through listening and responding to feedback. To share your experiences, please:

Call: 020 8394 3846/43
Email: CSH.Feedback@nhs.net
Or write to the Head Office address below.

Large print, audio format or another language

Call 020 8394 3846/43
or email CSH.Communications@nhs.net
to receive this information in large print, audio format or another language.

General enquiries

Visit www.cshsurrey.co.uk for information and contact details for all other CSH Surrey services.

A heart in the community

CSH Surrey, proud to be part of the CSH Group. As a social enterprise, CSH makes profit to benefit local communities and to enhance its health and care services.



CSH Surrey, Head Office
Ewell Court Clinic, Ewell Court Avenue
Ewell, Epsom, KT19 0DZ

Company registered number 5700920



Steps to fitter feet:

People with
“low risk” Feet

Information for patients,
carers and relatives

Better healthcare together

CSH Surrey, providing NHS community nursing and therapy services in the homes, schools, clinics and hospitals in the heart of Surrey since 2006.

Caring for your feet

Tips on basic hygiene

- Proper foot care is essential to healthy, painless feet, and should be as much a part of your daily routine as brushing your teeth
- Wash your feet daily
- Dry your feet thoroughly with a clean towel after washing them, particularly in between the toes to prevent fungal infections such as athlete's foot.
- Wear clean socks/hosiery daily
- Apply a thick cream to the soles of your feet daily (not between the toes)
- Keep your feet warm and take regular exercise to improve blood circulation.

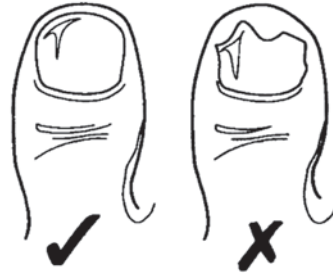
Basic nail care

How should I cut my toenails?

- Toe nails grow at different rates so check them once a week and cut/trim as necessary
- Avoid cutting your toenails in the bathroom as this may not be safe. Instead use a chair or bottom step and file your nails afterwards to avoid sharp edges.

Nail care continued

- Use a pair of nail clippers and cut by following the shape of your toenail. Leave some of the white edge showing
- Do not cut your toenails too short



What if I can't manage to cut my own toenails?

- Bending to cut your toenails can be difficult for various reasons
- If you feel you cannot manage then have a go at filing your toenails
- Use a long file and just do two toes at a time

Nail care continued

- Filing your toenails just twice a week is a safe and simple way of managing them. By doing this you will reduce the nail length and your nails will then not need cutting
- Asking a partner, relative or carer to help you manage your toenails can be helpful. Ask them to use this leaflet as a guide.

Managing problems

Blisters, cuts and painful toes

- If you notice any cuts or abrasions on your feet then you should wash your feet in warm water, dry them and apply an antiseptic such as Savlon and a plaster
- Do not pop blisters, use a felt pad and cut a hole in it to place over the blister to relieve pressure. Open blisters should be treated as a cut, but without using antiseptic
- If you notice any swelling, redness, discharge, unusual change in shape or colour of any part of your foot and you are concerned then contact a Podiatrist, GP or Nurse for advice as soon as possible.