



<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, email info@cwps.nhs.uk or write to: PALS, complaints and incidents team, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেসন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১বিইউ ডিকানায়ে লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **PALS, complaints and incidents team**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

For more information see www.cwps.nhs.uk

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Discharged from the Podiatry Service - Neuropathy

Podiatry Service Administration Office

Room 65 1829 Building
Countess of Chester Health Park
Liverpool Road
Chester CH2 1HJ

Telephone (01244) 385000
Visit www.cwps.nhs.uk

Office opening hours:

Monday to Friday 9.00am – 12.30pm and 1.30pm – 4.00pm

Do I have nerve damage?

Yes, you did not feel the monofilament on your foot so your foot is more at risk of damage. However, the podiatrist has assessed there is no podiatric need for treatment of your feet by the Podiatry Service.

Do I need to see a podiatrist to cut my toe nails?

No, you just need to be careful not to cut your skin when cutting your nails as you may not feel the injury. If you have difficulty reaching or seeing them, ask a relative to cut your nails for you. A file is less likely to cause damage and a long handled one can reduce the need for bending so far.

What else can I do to keep my feet healthy?

- Make sure you get your feet measured when buying new shoes to get a proper fit. Poor fitting shoes can damage your feet by rubbing and shoes that are too loose are as bad as shoes that are too tight.
- Break new shoes in very slowly, wear for only 10 minutes around the house and check for areas of rubbing. Slowly increase the wear time by half hour intervals. If you see any rubbing have the shoes stretched; this can only be done if they're made of leather.
- Socks should either be cotton or wool or a mix of these fibres. Wear them inside out if seams are rough or thick
- Check inside shoes and socks before putting them on for anything that could rub or damage your skin.
- Check your feet daily after taking your shoes and socks off for signs of damage – blisters, red marks or cuts.
- Keep your feet clean by washing them every day and carefully dry between the toes.
- Any dry skin can be kept moisturised by using creams; ask your pharmacist to recommend a moisturiser. Do not put cream between the toes.
- Don't let your toe nails become overlong and don't cut them too short; always leave some white free edge of nail showing across the whole nail.
- If you develop a podiatry problem such as a corn, hard skin, pains in the feet or in growing toe nails then you can self-refer back into the service.
- If you get a cut on your foot, wash with soap and water and cover it with a dry dressing; change the dressing daily until a dry scab has formed.
- If the wound does not appear to be healing properly or looks infected; this is any or all of the following signs: red, swollen, weeping, a smell and/ or a sharp or throbbing pain, contact your practice nurse/GP or the NHS Podiatry Service; details are on the front of this leaflet.
- You cannot feel heat or cold so be careful when bathing and test water with your elbow as hands can also lose their feeling.

- Remove hot water bottles from the bed before getting in and don't sit too close to the fire without something protecting your feet and legs from the heat.

What else do I need to remember?

- Following your discharge from the Podiatry Service, it will be in your best interest to follow the advice to maintain the current good standard of foot health that you are enjoying.
- You are advised to take responsibility for your own foot health by following the advice and information provided by the Podiatry Service.
- The Podiatry Service **DOES NOT** routinely cut healthy nails.
- If you feel unable to manage your own good foot health, you may choose to find an alternative provider.
- If you find an alternative provider always agree the fee before confirming an appointment.
- Please ensure that any alternative providers are registered with the Health and Care Professions Council (HCPC).

What do I do if I develop a problem that needs urgent attention?

You can attend an Emergency Drop-in-clinic. You don't need an appointment but you must attend before 10.45 and only the urgent problem is treated.

Emergency Podiatry Clinics: *except Bank Holidays*

Stanney Lane Clinic
Stanney Lane
Ellesmere Port CH65 9AE
Tuesday 9am -10.45am

Fountains Health
Delamere Street
Chester CH1 4DS
Friday 9am - 10.45am

For advice please telephone 01244 385000 and leave your name and telephone number and a podiatrist will ring you back.

Patient Advice and Liaison Service (PALS)

PALS ensure that the NHS listens to patients, relatives, carers and friends. It answers questions and resolves concerns as quickly as possible. Call PALS directly on 0800 195 4462

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.