

Ingrowing toenails

We offer treatment for ingrowing toenails. A successful treatment for many with painful ingrowing nails is to have part or the entire nail removed under local anaesthetic (subject to an individual's general health)

What if I am applying for help with cutting my toenails but my health is good?

We do not normally provide toenail cutting for normal toenails unless you have a medical problem that affects your feet (e.g. diabetes). Cutting normal toenails is not a medical problem requiring a medical specialist.

How do I make an appointment

Anyone can apply to our service, just complete and return our application form.

Application forms are available from www.hct.nhs.uk under the Podiatry Service section, your GP practice or by contacting the service directly.

All referrals are triaged by a senior Podiatrist but not everyone will meet our criteria and receive an appointment.

When is the service open?

The Podiatry Service is open from:
9:00am to 4:00pm, Monday to Friday.

Your local NHS podiatry service

For more information about NHS Podiatry in Hertfordshire please visit our webpage at: www.hct.nhs.uk

or contact:

Hertfordshire Podiatry Service

Head Office
Sandridge Gate
Ronsons Way
St Albans
AL4 9XR
Telephone: 01727 732004

If you wish to see a private practitioner, we recommend practitioners who are registered with the Health and Care Professions Council and who describe themselves as a podiatrist or chiropodist. These are protected titles in law and may only be used by persons who are registered with the Health and Care Professions Council.

For more information visit: www.hpc-uk.org

Hertfordshire Community NHS Trust

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Hertfordshire Podiatry Service

Your questions answered



The Hertfordshire Podiatry Service aims to promote positive foot health and provides a range of services for people with foot health problems.

What is a podiatrist?

A podiatrist is the modern name for chiropodist.

Podiatrists specialise in the assessment, diagnosis and treatment of problems with the lower leg and foot.

All of the podiatrists working for the National Health Service are registered with the Health and Care Professions Council.

What do we treat?

The service is targeted to those with the greatest foot health needs, in particular if you have a medical condition or are taking medication that puts your feet at greater risk of damage or infection.

What will happen at my first appointment?

At your first appointment we will ask some background information we will need to decide how to treat your feet.

Your general health and the tablets you take can affect your feet, so it's important we know about any medical problems and any tablets you're taking before we decide how to treat your foot problem.

The podiatrist will ask about your foot problem. Next we will check your circulation and sensation. Together the podiatrist and you will decide on a treatment plan.

As part of this plan, the podiatrist may recommend that you need further tests or investigations by other specialist podiatrists.

What will happen when you receive my application?

A senior podiatrist will carefully read your application. If you have a medical condition that particularly affects your feet, you will be sent the next available appointment.

One of our podiatrists may telephone you to discuss your foot problem further. This will help to decide whether you need an appointment, particularly if you have a foot problem that is septic or discharging (so please make sure you have given us a telephone number where we can contact you during the day).



Where will my appointment be?

Our service has appointments in clinics across the county. We will look at your address and book an appointments at a suitable clinic. If your appointment is with a specialist podiatrist you may be asked to travel to their specialist clinic.

For people with diabetes

Diabetes can particularly affect the feet. In some people with diabetes it can:

- affect how you feel things on your feet,
- affect your circulation to your feet,
- make you more prone to infections.

We use our skills to advise people with diabetes on preventing problems. We provide treatment for common foot problems for people with diabetes and for more serious problems such as foot, if they occur, aiming to prevent amputations. If you have diabetes it is important that your feet are examined once a year usually by a member of your GP practice.

For people with problem feet

Illnesses can particularly affect the feet. For example podiatrists can significantly help those with rheumatoid disease to relieve pain and prevent long-term problems.

Podiatrists can also help where conditions affect walking e.g. multiple sclerosis.

Podiatry Musculoskeletal service

This service examines the way your foot functions. If the foot works abnormally it can contribute to some cases of heel, knee, shin and back problems in both adults and children.