

Looking after your own feet

Recommendations

Looking after your nails is something that most people can do for themselves and is part of personal care.

Podiatrists have specialist skills in the prevention, diagnosis and treatment of a wide range of abnormal conditions that affect the feet and legs. Therefore Podiatry no longer cuts toenails unless an exceptional circumstance exists. Please refer to NHS Lanarkshire's Eligibility criteria. If you feel you meet the criteria please fill in a self-referral form.

When choosing an independent podiatrist from the likes of yellow pages or internet it is advisable to check that they are a member of HCPC (formerly state registered). HCPC are a regulator, and are set up to protect the public. They do this by keeping a Register of health and care professionals who meet our standards for their training, professional skills, behaviour and health. <http://www.hpc-uk.org/aboutus/>

Related websites:

- > NHS Inform (Cuts wounds to feet, local services): <http://www.nhsinform.co.uk>
- > The Society of Chiropodists and Podiatrists (Help finding a podiatrist)
<http://www.scpod.org>
- > Age Scotland: <http://www.ageuk.org.uk/scotland>
- > NHS Lanarkshire, Our services: <http://www.nhslanarkshire.org.uk/Pages/default.aspx>
- > For any more information please go to <http://www.knowledge.scot.nhs.uk/home/portals-andtopics/personal-footcare-portal.aspx>