



Long Eaton Footcare

0115 9736782

After treatment advice

Thank you for visiting Long Eaton Footcare.

Here are a few points for you to keep in mind now you have been treated.

We have made a note of your current problems and the condition of your feet, which has helped in our choice of treatment.

Any corns and callus will have been removed, toenails trimmed and reduced and any other problems addressed.

Occasionally there may be some soreness around an area that has been treated, but this should decrease within a day or two. If an area of hard skin or corn has been removed, it may still feel tender for a few days.

You may like to use padding such as fleecy web or chiropody foam for a while until the skin recovers.

Remember not to use sticking plasters or corn plasters as these are not kind to the skin and can, in turn, cause additional problems.

If a dressing has been applied it should be left for two days and kept dry whilst bathing. You do not need to replace the dressing unless otherwise instructed by your Practitioner.

If you are concerned with any aspect of your treatment, suffer any adverse reaction, profuse bleeding, infection or irritation, please contact us as soon as possible.



Long Eaton Footcare
part of
The Osteopathic
Centre



Verrucae should continue to be treated as instructed by your Practitioner. If there is a dressing, gently remove and using a small piece of dry emery board or sandpaper, pare down the surface. If you do this over a piece of tissue you may help prevent it spreading. Re-apply your treatment, and replace the dressing, if you have been instructed to do so. This ideally should be done every day.

Remember it may be sensible to have your own towel at home and try and keep the verucca covered with a dressing, unless the treatment itself provides a waterproof barrier (i.e Occlusal).

It is important to keep your regular appointments with the clinic to speed the healing process.

Fungal Nails

If the nail has been cut away by your Practitioner this has been done to clear away as much of the infection as possible and help prevent infection to new nail growth. The site may be tender for a few days so you may want to use some chiropody foam or fleecy web over the area. Don't use sticking plaster.

Continue to use the advised treatment. Remember, treatment for fungal nails can be a slow process and is dependant on regular and continuous application.

It is useful to wipe the treatment from the healthy nail to the affected area to avoid spreading the infection.

Athlete's Foot should continue to be treated with the product your Practitioner has advised. Re apply daily or as directed. Normally this will be done for up to one month depending on the severity of the symptoms.

Remember to wash feet well and dry carefully, particularly inbetween the toes. Keep a separate towel and wash towels and socks at a temperature hotter than 40 degrees where possible.

Shoes should be alternated frequently and try to avoid wearing work boots, enclosed shoes or trainers for longer than necessary.

Ingrowing toenail

This will usually have been dressed by your Practitioner after treatment. Leave the dressing on for two days unless otherwise instructed. Keep dry during this time.

If you have been advised to go to your G.P for medication remember to make an appointment as soon as possible.

You do not need to re dress the toe unless told to do so, however, you may want to wear looser fitting shoes for a while to prevent rubbing on the area.

If redness, excessive bleeding, pain and / or swelling continues ring the clinic as soon as possible.

Pads and Extras

You may have been given removable pads or dressings to help alleviate pressure in certain areas. Begin by wearing it for a few hours at a time, around the house, in a pair of shoes you would normally wear. If the device seems to help then gradually build up the time you wear it.