



Dear Patient,

We are aware that during the current COVID-19 pandemic you may be shielding following government advice and are reluctant to contact your Podiatry service for treatment, advice and support.

Your podiatry department, although currently running what may be a reduced service, is working, open for business and ready and willing to treat you as/when required. All precautions will be taken to protect yourself and the clinicians treating you.

As always it is important that you continue to check your feet daily.

What to look out for

- Any new breaks in the skin
- Any minor cuts, blisters or new areas of ulceration
- Any areas of redness

Advice

- Do not burst blisters
- Cover the area with a sterile dressing
- Contact your local podiatry service for further advice

If you currently have an ulcer you must be checking for any changes that could signify a worsening situation;

- Any increase in pain
- Any increase in exudates(fluid coming from the ulcer)
- Any increase in odour
- Any increase in heat to the affected area
- Any worsening redness or swelling
- Any fever 'flue like symptoms'
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Advice

- If you notice any of the above then seek podiatry or medical attention urgently
- If you require advice out with normal working hours (Evenings, Saturdays or Sunday), please contact NHS24 on 111.