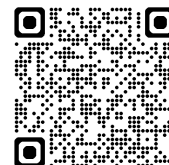


Important information while waiting for your first podiatry appointment

Telephone: 0300 124 5855

Use the QR code to see our team's website page.



This leaflet explains what to do if your foot problem changes while you are waiting for your first Podiatry appointment. Acting quickly can help prevent your condition from getting worse and avoid delays in treatment.

While you are waiting

Do not wait for your appointment if your symptoms get worse. Get urgent medical help straight away if you develop:

- a new foot ulcer or open wound
- redness, swelling, heat, or signs of infection
- pus or an unpleasant smell from a wound
- blackened skin or suspected gangrene
- a sudden increase in pain
- a fever or feeling unwell with a foot problem
- new bleeding or rapidly worsening skin damage
- a change in foot shape or foot collapse
- new numbness or loss of feeling
- blue, pale, or cold toes or foot
- an injury or burn to your foot.

Who to contact

Monday to Friday (working hours):

Podiatry Advice and Guidance: **0300 124 5855** or your GP practice

Out of hours: NHS 111 or Urgent Treatment Centre during opening

For severe infection, spreading redness, or suspected sepsis, go to the Emergency Department (A&E) or dial 999.

Service provided by

Daily foot care advice

While waiting for your appointment:

- keep your feet clean and dry, and check them daily (or ask someone to help).
- do not walk barefoot.
- avoid using corn blades or verruca treatments
- check inside your shoes before putting them on
- report any new skin breaks or wounds quickly
- continue managing your diabetes and taking medications as prescribed.
- wear any prescribed offloading footwear.

If your condition changes

If your foot problem becomes urgent while you are waiting, your referral may need to be prioritised.

Please contact the service or seek urgent medical advice. Any new wound, redness, swelling, or signs of infection should be treated as urgent. Do not wait for your routine appointment.

Appointment information

You may be offered an appointment by phone if a cancellation becomes available. Alternatively, we may send you an opt-in letter. You will have three weeks to respond so that an appointment can be arranged. **If you do not reply within three weeks, you will be discharged from the service.**

If you need an interpreter, this should be included in your referral so arrangements can be made before your appointment.

Getting to your appointment

For more information about support in getting to your appointment, see our [Getting to your appointment page](#), or use the QR code.



Other formats

We want you and the people who help you to understand what we send. If you need help with this leaflet, please tell us.

Please scan the QR code to listen to an audio version of this statement.

