

**Skin and nail care appointments are designed to provide immediate relief from pains and problems related to the health of your toenails or the skin on your feet.**

For some, this may look like removing painful pebble-like corns that periodically develop on the bottom of the feet in specific areas of high pressure. For others, they may now have difficulty reaching their feet to manage their toenails and skin health, and need some professional help to prevent the problems from turning into something significantly more serious further down the track.



We offer a comprehensive skin and nail care service so that you leave your clinic chair feeling much better than when you came in. As well as the services performed at your visit, your podiatrist is here to discuss any other lower limb concerns you may have, provide advice on caring for your feet and legs between visits, create prevention and management strategies, and much more.

**Your skin and nail care appointment may address:**

## THICK, HARD OR DIFFICULT-TO-MANAGE TOENAILS

As we age, our toenails can become harder & thicker, so regular nail cutting tools no longer do the trick. We have all the right tools and techniques to best care for your nail health. The same applies to nails that have grown more fragile or brittle.

## CORNS

Walking on a corn can be as painful as permanently walking on a pebble at the bottom of your foot. We can remove and manage all types of corns (hard corns, soft corns, seed corns) in your appointment without any pain or discomfort, to give you significant relief upon standing.

## WARTS

Warts are caused by a virus and can be difficult to treat given their cellular nature. We have several treatment options suitable for both children and adults to effectively treat plantar warts.



## CALLUS & CRACKED HEELS

Callus builds up in response to excess pressure or friction to an area of the feet – but this protective response can quickly become uncomfortable and painful when the callus becomes too thick, or dries out and forms cracks in the callus. Cracked heels may also the healthy skin beneath, leaving you vulnerable to infection & significant pain. We reduce the thickness of callus and cracked heels to a safe and healthy level, significantly improving your comfort and reducing your risk of future complications.

## INGROWN TOENAILS

Ingrown toenails can be an incredibly painful and uncomfortable problem, affecting both children and adults alike, often repeatedly over many years. We have a number of solutions for ingrown toenail relief ranging from one-off removal of the ingrown nail spicule for first-time ingrown toenails, to permanent correction using a minor surgical procedure.

## ATHLETE'S FOOT

Athlete's foot can cause extreme itching, discomfort and tenderness on the soles of the feet and between the toes. Being caused by a fungus, we help you choose the best anti-fungal agents to effectively manage your infection while teaching you how to eliminate the fungal spores from your home to prevent the infection from recurring or spreading to others in your household.

## FUNGAL NAIL INFECTIONS

Also caused by a fungus like Athlete's foot (above), treating fungal nail infections starts with confirming that the discolouration, nail changes or other symptoms you're experiencing are truly being caused by a fungus – as in up to 50% of patients, there may be another cause. We do this with a lab test using a sample of your nail, performed during your appointment. From there, we'll discuss all of your treatment options, including our most effective treatment for fungal nail infections – the Lunula cold laser.

## DIABETIC FOOT CARE

Diabetes affects our feet in a number of ways, including our circulation and sensation. With our ability to feel what's happening around our feet diminished, and our ability to heal any wounds and fight off infection impaired, those with diabetes need extra care for their feet and nails. This is why home foot care for those with diabetes is not recommended, and podiatric foot care is the best method to help eliminate your risks and detect any new problems and abnormalities, allowing you to get effective and timely care.

Our Values – We:



love what we do



challenge the status quo



are stronger together



aim to continuously improve



do what we say, sometimes more, never less