

NUP Allied Health Services

PODIATRY

A podiatrist is a specialised healthcare professional who helps with the diagnosis, treatment and management of foot conditions.



Please consult a doctor at our polyclinic to get a referral to see a podiatrist.

You may see a podiatrist at our polyclinic to assess, treat and manage the following foot conditions:

- Foot ulcers that include diabetic foot wounds with a mild infection.
- Painful corns or calluses requiring sharp debridement (removal by cutting it away).
- Ingrown toenails requiring podiatric treatment without local anaesthetic (numbing injection/medication).
- Pain associated with high arched or flat feet.

If your foot condition is related to chronic medical condition(s) such as diabetes, it may lead to serious complications, hence:

- You will need to go for a yearly diabetic foot screening during which you will learn how to take care of your feet and choose proper footwear suitable for your feet.
- If you have a non-healing foot wound, you may be referred to a wound care nurse for treatment. Additionally, you may be referred to a podiatrist for assessment and management of the wound. This may include the removal of damaged tissue from a wound by sharp debridement.

What to wear and bring for your appointment:

- Clothes that allow you to move easily such as sports attire/trousers with covered/ sport shoes.
- Your wound dressings (if any).