How to refer to the podiatry service

We are a team of specialist staff involved with the assessment, diagnosis and management of the lower limb in people of all ages.

If you feel that you would benefit from an assessment, self-referral forms are available from all community clinics.

Your GP or practice nurse can also refer you.

If you have internet access you can access the referral form here: https://www.merseycare.nhs.uk/our-services/physical-health-services/podiatry-service/

And email it to: podiatry.referral@merseycare.nhs.uk

Our patients matter

Mersey Care NHS Foundation Trust listens and responds to patients and their carers to help improve the services we deliver.

If you have any comments, compliments or concerns you can speak with a member of staff or contact our Patient Advice and Liaison Service (PALS) and Complaints Team

Telephone: 0151 471 2377
Freephone: 0800 328 2941
Email: palsandcomplaints@merseycare.nhs.uk

To request the leaflet in an alternative format or language please contact the Equality and Diversity Team.

Telephone: 0151 472 7458
Email: equality2@merseycare.nhs.uk

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Calluses are rough hard areas of skin which form due to the skin rubbing against something such as a bone, shoe or the ground. They usually form on areas of the foot that receive high amounts of friction or pressure.

A corn is a small hard lump which is embedded into the skin which can sometimes be painful. They usually form due to the skin rubbing against something such as a bone, shoe or the ground. They usually form on areas of the foot that receive high amounts of friction or pressure.

What can a podiatrist do?
The podiatrist can remove any corns or calluses using a fine blade, this is usually painless. They can also give you more in depth advice about how to prevent the problem reoccurring.

What not to do
- never use corn plasters as they contain harsh chemicals that can burn your skin
- don’t use any sharp instruments including razor blades to remove corns or callus
- don’t soak your feet as in the long term this makes the skin on your feet dryer
- don’t put any cream or ointments in between your toes as this will make them soggy
- don’t file callus or corns when your feet are wet, you will get a better result if they are dry

What is a callus?
In order to reduce the callus build up you must reduce the friction and pressure.

Wearing flip flops, sling backs, ballet pumps and high heels puts pressure on your feet and causes them to move around. A lack of fatty padding means your bones have less cushioning, therefore your footwear needs to compensate for this.

If you notice any hard skin forming you can gently file it with an emery board or pumice stone when your feet are dry and apply a simple moisturiser afterwards.

What is a corn?
A corn is a small hard lump which is embedded into the skin which can sometimes be painful.

They usually form due to the skin rubbing against something such as a bone, shoe or the ground. They usually form on areas of the foot that receive high amounts of friction or pressure.

How do I prevent callus?
To prevent corns forming you must reduce the friction and pressure. Corns can form in between or on top of the toes so it is important that your toes have room to move freely in your shoes.

Wearing loose fitting shoes can cause your feet to slide around and rub. A lack of fatty padding means your bones have less cushioning therefore your footwear needs to compensate for this.

What is a corn?