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 4758
Email: equality2@merseycare.nhs.uk

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An ingrown toenail develops when the sides of the toenail grow into the surrounding skin. The nail curls and pierces the skin, which becomes red, swollen and tender.

Fungal nails
Many people develop a fungal nail infection at some point in their life. The infection develops slowly and causes the nail to become discoloured, thickened and distorted.

The medical name for a fungal nail infection is onychomycosis. Sometimes the skin nearby may also become infected and be itchy and cracked or red and swollen.

Thickened nails
A common cause of thickened nails is a fungal nail infection. This can also cause them to discolour and become crumbly.

Other possible causes of thickened or overgrown nails are:
• long term pressure from shoes that are either too small or too narrow over the toes
• damage to the nail following trauma/injury.