Podiatry Services
Your First Appointment

What to bring with you

- A list of all medications you are currently taking
- Your appointment letter which contains your Reference Number

How to prepare for your appointment

- Ensure the Podiatrist has easy access to your feet e.g. wear socks and shoes rather than tights
- Wash your feet before coming to the clinic
- Remove any nail polish from toe nails
- Wear comfortable shoes (see the section on After Care below)

If you have any special requirements

For example: -
- You would like someone to accompany you
- You need the help of an interpreter
- You have a preference as to whether the Podiatrist is male or female

If any arrangements are needed to enable you to attend the appointment please contact –

Podiatry Appointments Clerk on:

O116 2255118

Please note that we are not able to make any transport arrangements.
**On the day**

- On arrival at the clinic, please take a seat in the waiting area until you are called
- Please try to attend on time to ensure prompt running of the clinics. Late arrival at your appointment may result in you not being seen that day
- Allow 30/40 minutes for your first appointment but be aware that your visit could take longer if the clinic is busy
- The podiatrist will introduce him/herself.
- They will ask questions about your health and mobility problems
- They will ask why you are there, what problems you have, what you expect from the podiatry department
- They will look at and examine your feet and legs
- The podiatrist will then explain what they can do for you:
  - They may offer you a course of treatment
  - They will give you advice on caring for your own feet
  - They will discuss your future foot care plans
- They will discuss and explain the discharge procedure when treatment is complete
- You will be advised on how to access the service in the future

**After Care**

- Your feet may feel tender after any treatment you receive so consider your transport arrangements for the journey home
- You may have bulky dressings/padding – wear roomy shoes to accommodate these or bring an extra pair of shoes with you
- Future access arrangements or appointments will be made if necessary