



<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিউলিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિચિત્ર કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire & Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Incidents Team**, Trust Headquarters Redesmere, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwps.nhs.uk

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Nail Care Pathway Rapid Response

Advice for patients on the Nail Care Pathway Assessment waiting list

The Podiatry Administration Office, Room 65, 1829 Building, Countess of Chester Health Park, Liverpool Road, Chester CH2 1HJ

Telephone: 01244 385000 - Monday to Friday between 09:30–12:00 and 13:30–16:00

Why have I been given or sent this leaflet?

Your referral says that you have a problem with your toenail/s and you have been placed onto a waiting list to have an assessment.

If the affected toenail/s is infected and or inflamed (red, swollen and painful), you may wish to see the podiatrist sooner for temporary treatment and or some advice that may relieve your symptoms.

How can I see the podiatrist sooner?

The Podiatry Service holds two emergency drop-in clinics:

Every Tuesday morning at:

Stanney Lane Clinic, Stanney Lane, Ellesmere Port, CH65 9AH

Tel. 0151 350 3300

And every Friday morning at:

St Martin's Clinic, St Martin's Way, Chester CH1 2NR

Tel. 01244 356800

- Both clinics open the door at 08.30 and start at 09.00 and you don't need an appointment to attend.
- The clinics finish at 10.45 and you must arrive and check in at reception before this time otherwise you will not be seen.
- The clinics operate a first come first seen system and attending can involve a wait.
- The Podiatrist will only attend to the problematic nail/s and will not give any routine care or treatment.
- Please note that the clinics are closed on bank holidays and parking at both clinics may be limited.

What if my toenail/s is too painful to touch?

The infection and or inflammation are caused by the edge of the nail cutting into the sulcus (the skin along side the nail edge), and the only remedy is to remove the offending piece of nail.

Sometimes it isn't possible for the podiatrist to remove the offending piece of nail especially if the sulcus is very swollen. Also, if the whole piece doesn't come away it could leave the nail edge jagged which could make the problem worse.

What can I do to relieve the symptoms if I don't see the podiatrist?

- Wear open toed footwear when ever you can, this will relieve the area of pressure. Closed in shoes and particularly trainers will make your feet hot and sweaty which will make the infection and inflammation worse.
- Bathe your feet, morning and night, in warm to hot salt water (a dessert spoonful of salt to a litre of water), and check the temperature of the water before immersing your feet. The hot water will open up the blood vessels in the area and reduce the inflammation.
- After bathing and drying your feet, gentle massage a couple of drops of an antiseptic solution into the sulcus. TCP solution is particularly good at reducing pain but it does have a strong smell. Please check that you are not allergic to any of the ingredients of the antiseptic solution before using it. If you do have a reaction, stop using it immediately and bathe the area with water and seek medical advice if needed.
- Do not wrap the toenail/s in sticking tape as this will cause excessive sweating and make the infection and inflammation worse. If you wish to apply a cover then use a perforated dressing that will allow the area to 'breathe'.