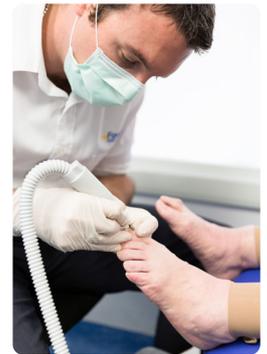


What is primary care?

As we grow older, our mobility can often be effected, making it hard to bend down to care for our feet. On top of this, nails can become tricky to cut with conventional nail clippers due to the thickening and involution of the nail plate. Primary Care encompasses all dermatological treatments of the feet. Whether it be general nail trimming, callus reduction, corn removal or ingrown toenails, we can help restore your feet, skin and nails. All our equipment is cleaned and sterilized to prevent cross contamination. Below are some of the most common primary care issues we see.



Corns & Callus

Caused by external pressure, callus and corns arise due to a defensive skin mechanism that protects itself by thickening the affected area.



Callus occurs due to a generalised sheering pressure where as a corn is characterized by a hard central core due to a localized pressure. Ill fitting shoes or high heels can often be the cause of excessive pressure.

Both can uncomfortable ranging from sharp pain to mild discomfort. Unfortunately the hardened skin can cause more pressure making the condition worse unless treated. Your podiatrist will remove the hard skin then use offloading modalities to prevent reoccurrence.

Warts

Often confused as a corn with a similar appearance, warts tend to cause pain when squeezing the lesion, whereas corns will hurt through direct pressure.



Warts are caused by the human papilloma virus so treatment involves application of a strong acid to engage the body's own immune response which works to attack the virus at a cellular level. Regular treatments are required to ensure all warty tissue is destroyed. Cryotherapy, with liquid nitroegen, can also be effective by causing cell destruction within the wart itself.

General Nail Care

Many patients present for routine nail care due to a lack of mobility. If nails are left to grow, trauma can often result when the nail presses into the end of the shoes which can lead to thickening of the nail, fungal infections and/or ingrown toenails. For prevention it is recommended to have the nails trimmed by your my FootDr podiatrist every 8-10 weeks.



Ingrown Toenail

Fungal Infections

Fungal infections are common, especially in warm, humid climates which are favourable for fungal growth.

Fungal infections can affect either the skin in-between the toes (interdigital tinea), the soles of the feet (tinea pedis), or underneath the nail (onychomycosis).

Nail infections usually cause the nail to discolour, grow thicker and may cause the nail to become brittle. The issue does not resolve spontaneously and topical treatments can often fail as the nail is too thick for the agent to effectively penetrate the nail.

Our podiatrist can thin down your nails, no matter how thick they are, so that topical treatments can be more effective at killing the fungus, as well as using laser treatment, which is effective in 78% of cases.

Fungus loves dark moist places and thus nail polish should be avoided as it blocks sunlight and seals in the fungus. Also ensure that feet are dried thoroughly after showering or swimming.

A SteriShoe sanitiser can help eradicate fungal infections and keep your shoes smelling like new.

Fungal Nail Laser Treatment

Before

After



SteriShoe+
UV Germ + Odor Eliminator



Regarding Over-The-Counter Treatments

Over the counter treatments for corns and warts should be avoided unless directed by your podiatrist as they contain harsh chemicals. If used inappropriately, especially for diabetics, they may cause skin ulcers, even leading to amputations.

For further information on your foot health or to discuss treatment options with a podiatrist, please contact your local my FootDr podiatry centre.