

Tiptoe Foot Care

Chiropody and Podiatry - Price List

Nail cutting	£25
Routine chiropody	£38
Combined podiatry & 10 minutes reflexology	£48
Initial verruca assessment	£38
Ulcers and redressing	£38
Nail surgery	from £250
Temporary insoles	from £38
Permanent insoles	from £230
Home visits	from £43
15-minute taster session	£15
40-minute reflexology session	£42

Consultation and treatment is by appointment only, and is on a private basis. All fees are payable at the time of consultation.

*This price list operates for all branches except the Hendon Branch. Please call the Branch for more details.

24 hours notice is required for cancellation of an appointment otherwise a fee may be charged. We operate a 24-hour answering service.

CONTACT US TODAY TO MAKE AN APPOINTMENT

East Barnet Clinic

19 Longmore Avenue,
East Barnet,
Herts EN4 8AE

020 8441 4213

Cockfosters Clinic

23 Station Parade,
Cockfosters Road,
Herts EN4 0DW

020 8440 8442

Palmers Green Clinic

Rochdale Surgery,
Broomfield Avenue,
Palmers Green N13 4JJ

020 8886 3631

Hendon Clinic

Laboratory Spa & Health Club
1 Hall Lane
London NW4 4TJ

020 8201 5500

www.tiptoefootcare.com
HPC and State Registered Podiatrist

Your Guide to Athlete's Foot & Fungal Nails



Tiptoe
Foot Care

Your Feet in Our Hands

Your Guide to Athlete's Foot and Fungal Nails

What is athlete's foot?

Athlete's foot is a fungal infection of the skin. People report symptoms of immense itchiness, and cracking, blistered or peeling areas on their feet. It can appear to be red and scaly.

Where on the foot does it occur?

It can occur anywhere on the foot and can spread to other areas. It particularly appears on warm, moist, waterlogged skin (e.g. in between the toes) or on dry flaky heels, due to a loss of protective oils coating the skin.

What causes it?

And how did I get it?

A number of fungal species can cause this problem. It can be picked up from anywhere you walk barefoot, or through stepping on infected sheds of skin.

The most common place to pick it up is in communal areas such as public showers, swimming pools and changing rooms.

The fungi that cause this type of infection breed in shoes, where they have an ideal environment of warmth, darkness and moisture.



What should I do?

If left untreated the fungal infection can spread to the nails which can then be very difficult to treat. The infected nails can appear unsightly, thickened, friable and discoloured.

As the fungal infection is highly contagious the key is to catch it early before it starts to spread.

To reduce the spread of infection, it is important to change your footwear regularly and your socks daily. Wearing flip-flops in the bathroom and communal areas will reduce the risk of picking up other species of fungi and it will stop anyone else picking it up.

If the athlete's foot is mild, re-evaluating your foot hygiene may help and using surgical spirit may stop it in its tracks especially in between the toes. There are many brand of anti-fungal medication available which can be used for several days or weeks to treat the infections.

Always follow the guidelines of the medication and consult your GP if you have any particular problems. However, some types of medication can allow the fungus to lie dormant and it can reappear if the environment is right.

What can a podiatrist do?

We can help to identify the fungus and establish the best course of treatment for your particular type of athlete's foot.

We can help treat your nails if the fungal infection has spread, and can reduce the thickness of the nail and cut back the nails that are affected.

What your GP can do?

Your GP can prescribe a broad spectrum anti-fungal medication to eliminate the fungus if local treatment or prevention routine has been unsuccessful.