

# Alternatives to NHS

## Podiatry

This leaflet covers how to find alternative treatment options for your routine foot care needs.

### Caring for your own feet

Most people can safely care for their feet themselves or ask a family member, or friend to do it for them. It is safe for someone with diabetes to have their toenails cut by either themselves or a friend or family member.

Please refer to the 'nail care' and 'caring for your feet' leaflets for further guidance on how to do this and what equipment is required.

### Private Podiatry Treatment

If you do not feel that you or a family member can manage the care of your feet safely, then you can seek treatment through a private Podiatry provider.

There are many private providers available in all areas across Berkshire, offering a variety of different treatments both in clinic and in the comfort of your own home.

- **Google:** search for Podiatrists in your local area. You can then contact them or look on their website to assess what prices they charge and what services they offer
- **Yellow Pages:** search the selection of podiatrists, through the physical directory or online
- **College of Podiatry:** find local podiatrists in your area and see what services they offer  
Web [rctpod.org.uk](http://rctpod.org.uk)
- **Health & Care Professions Council (HCPC):** it is recommended that you check that the private podiatrists are HCPC (the regulatory body for the profession) registered  
Web [hcpc-uk.org](http://hcpc-uk.org)

Please note, the NHS Podiatry Service no longer offers routine appointments for nail cutting and hard skin removal. You can self-refer to the service at any time if you have one of the following problems with your feet:

- Open wound
- Red, hot, swollen foot/area of the foot (infection)
- An ingrown toenail with a bacterial infection