IDA-TALLINNA KESKHAIGLA

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Appointment with foot care nurse for diabetics

Our foot care nurses perform **a pedicure treatment for diabetics** based on a **referral from a doctor or an advanced practice nurse.**

A paid appointment can be scheduled to see the foot nurses of the Centre of Endocrinology, even without a diagnosis of diabetes.

As a diabetic, you are welcome to visit us for treatment and counselling if you have

- problems or difficulties with caring for your legs;
- an ingrown toenail;
- skin injury, ulcer, or onset of inflammatory disease;
- post-amputation wound.

The appointment to see a foot care nurse includes:

- a tutorial on foot care at home;
- treatment pedicure;
- treatment of ingrown nails;
- foot ulcer treatment and wound care instruction.

Daily foot care

Do	Don’t
Check your feet every day, using a mirror if necessary.	Don’t walk barefoot.
Examine the skin for redness, swelling, thickening, blisters, ulcers, and injuries.	Do not remove corns or warts yourself – visit the foot care office.
Wash your feet every day, but **don’t soak them.**	Avoid socks and stockings made of synthetic materials.
Dry your feet carefully, including between your toes.	Do not wear uncomfortable or tight shoes.
Moisturise your feet regularly (avoid getting the cream between your toes).	

Do	Don’t
Cut your toenails straight, use a treatment pedicure if necessary.	
Before putting your shoes on, check that there are no stones or sharp objects inside.	

REFERRAL for appointment

- Family physician, medical specialist, advanced practice nurse*(visible on the Health Portal)*
- Referral for a follow-up appointment *(not visible on the Health Portal)*
- A paid appointment is possible without a referral.

You can book an appointment:

- Health Portal www.tervisportaal.ee
- by telephone 666 1900 **Mon-Fri 7.30-18.00**
- onsite at the registration desk