

LOOK AFTER YOUR FEET



If you feel like this please come into the clinic as soon as possible.

Do you have a sore on your foot?

Do you get funny feelings, numbness or sharp shooting pains in your feet?

Do you get cramping in your legs at night?

Do you have a painful, swollen or hot foot?

**OTHER SYMPTOMS INCLUDE:**

- Redness or change in colour of foot
- Warm or swollen foot/ankle
- Break in the skin
- Discharge from foot
- Itchy, dry, cracked skin on foot
- Sore feet
- Leg pain/cramps
- Ingrown nails
- Ulcers or blisters

