

AHP Outpatients Services - Podiatry
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Clackmannanshire Community Health
Care Centre
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Sauchie
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We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (24hrs), fax 01324 590867 or email disability.department@nhs.net

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If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend, or no longer require your hospital appointment, please let us know so we can offer it to someone else.

**SMOKING IS NOT PERMITTED ON NHS
FORTH VALLEY PREMISES**

This includes corridors, doorways, car parks & any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.

NHS Forth Valley Administration Offices
Westburn Avenue, Falkirk, FK1 5SU
www.nhsforthvalley.com



Warning Signs for people with Diabetes

Patient Information Leaflet

Warning Signs

If you have any of these signs and you feel unwell with fever or flu like symptoms. It is important you get your foot checked

Colour

A change in colour in any part of your of your foot.

For example

- A toe becoming red, blue/black or unusually pale.
- A red area on the foot
- Bruising or brownish speckles on hard skin.
- Whole foot changing colour.

Pain

Any new pain or throbbing in your foot.

Remember you may not feel pain properly if you have neuropathy.

Temperature

If your foot feels warmer than usual this might indicate infection some swelling may also be present.

Discharge

If there is blood, pus or watery fluid leaking from your skin or nail, this may have a nasty smell.

Emergency Contact Details

Podiatry Headquarters

TEL 01259 290512

Or contact your own Doctor

If they are not available and you think the problem is serious – Go to the Accident & Emergency Centre or contact NHS24 on 111