



The Flying Feet FYI

Winter 2010

ABN 46 818 073 507

CLINIC DATES

Morayfield

July 3, 10, 24
August 7, 21
September 4, 18

Morayfield Seniors

August 20

Bribie Island

July 17, 27, 31
August 14, 24, 28
September 11, 25

Wamuran

July 14, 28
August 11, 25
September 8, 22

Burpengary

July 7, 21
August 4, 18
September 1, 15, 29

Nasty Nails

Onychocryptosis or Ingrowing toe-nail is a common complaint that tends to worsen over winter months due to a general trend towards closed in shoes returning. Ill fitting footwear is one of the most common causes and anyone with a predisposition to ingrowing nails should be advised to ensure the toe box is nice and open with lots of space to avoid compression issues.



Other causes of ingrowing nails are poor foot care/nail care technique and subungual corns. People with involuted nails are more likely to suffer ingrowing nails, as are people who are suffering from swollen feet, especially acutely swollen. Adolescent males also demonstrate an increased prevalence of ingrowing nails although the exact reason for this has not been established.

Podiatrists have several methods of dealing with onychocryptosis, ranging from conservative to surgical. Assessment and establishment of aetiology is necessary before treatment options can be chosen. Flying Feet prefer attempting more conservative measures such as education or regular debridement before recommending surgery. For surgical candidates, our podiatrists can perform

a partial or total nail avulsion, with or without cauterisation of the matrix. These surgeries are conducted using specialised equipment including mini-blades, nail thwaites and forceps in addition to the black's file and scalpel used for routine nail care. More complex procedures such as Matrixectomy are performed by qualified surgeons but can be recommended for nails not responding to simple cautery methods.

Podiatry clients are usually advised to expect some discomfort for up to 6 weeks following surgery and an attempt should be made to reduce activity over this period. Full healing and tissue consolidation is expected over this time. The success rate of podiatry nail surgery is quite high, some studies reporting 98% success rates.

Flying Feet Podiatry are more than happy to consult or assist with nail surgery. Generally, clients prefer GP management simply because the cost of seeking private assistance is prohibitive compared to medicare rebates applicable to GP nail surgery. In recognition of this, Flying Feet Podiatry have prepared a package exclusive to their GP Partners whereby the client will be charged as an extended consult rather than a surgery (a significant saving for the client) however follow up with the GP is expected within 3 days and follow up with the podiatrist within 2 weeks. **THIS OFFER IS EXCLUSIVE TO GP PRACTICES ONLY.** To take advantage of this opportunity, please contact Flying Feet Podiatry at your convenience to discuss.



expo

posing diabetes

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Flying Forward

Flying Feet Podiatry have been very busy on the education front in June. Danelle Kenny provided the podiatry education session for the Sunshine Coast Exposing Diabetes Expo on Saturday June 19th and appeared at the mobility scooter exhibition to discuss footwear with local Caboolture residents on June 17th. The overwhelming response we had at both of these events highlights the importance for

podiatrists and health professionals to share their health knowledge in a variety of different forums. Flying Feet look forward to future opportunities to not only treat foot problems but teach the broader community about preventing further problems. If you have any suggestions for Flying Feet Podiatry, we are always looking for opportunities to share information.