

Welcome Nicole Charman

Very exciting news. We welcome a new Podiatrist to our little team. Nicole joined us in September and is settling in well.

Some more new and exciting news:

We are now also offering appointments:

St Martin Surgery, New Street, St Helier

Strive Health Club, St Peter

Home visits, available island wide

THE ONLY PLACE IN THE CHANNEL ISLANDS TO OFFER:



We can now provide you with a long term solution to those pesky, painful corns. A revolutionary technique using sterile Hyaluronic Acid gel implants to alleviate painful foot pathologies from within

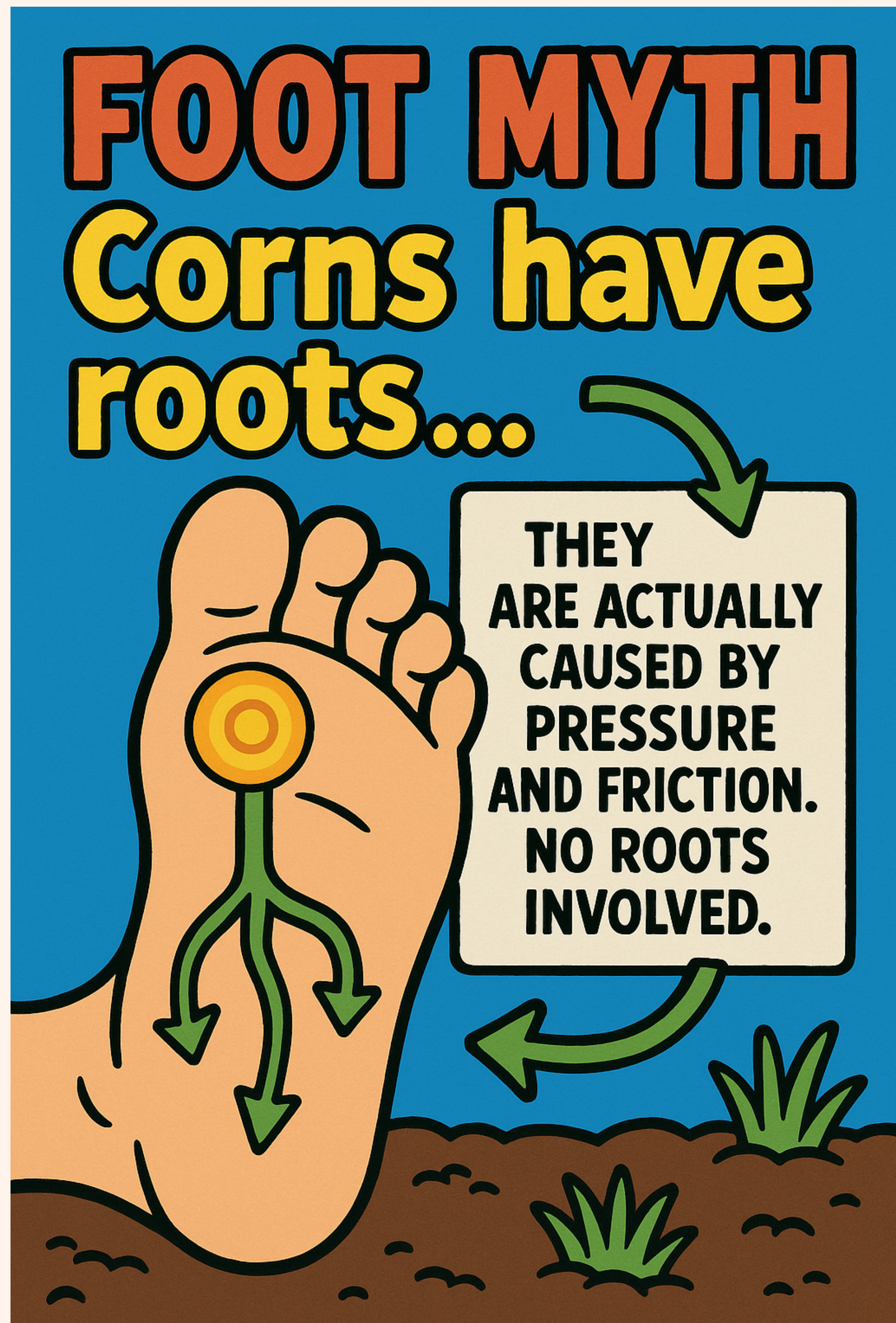
Verruca Needling

Verruca needling is a minimally painful and invasive procedure used to treat verrucae. The technique has been used for over 45 years and is renowned for its high success rates, often requiring only one treatment.

FootBalance

No more waiting weeks for your insoles! At The Lido Chiropody Clinic, we now offer state-of-the-art orthotics technology that allows us to scan, design, and make your custom orthotics immediately – right here in the clinic. Whether you're struggling with heel pain, plantar fasciitis, or need better support for daily comfort, you can now walk away with your orthotics the very same day.

Verruca Needling Before and After

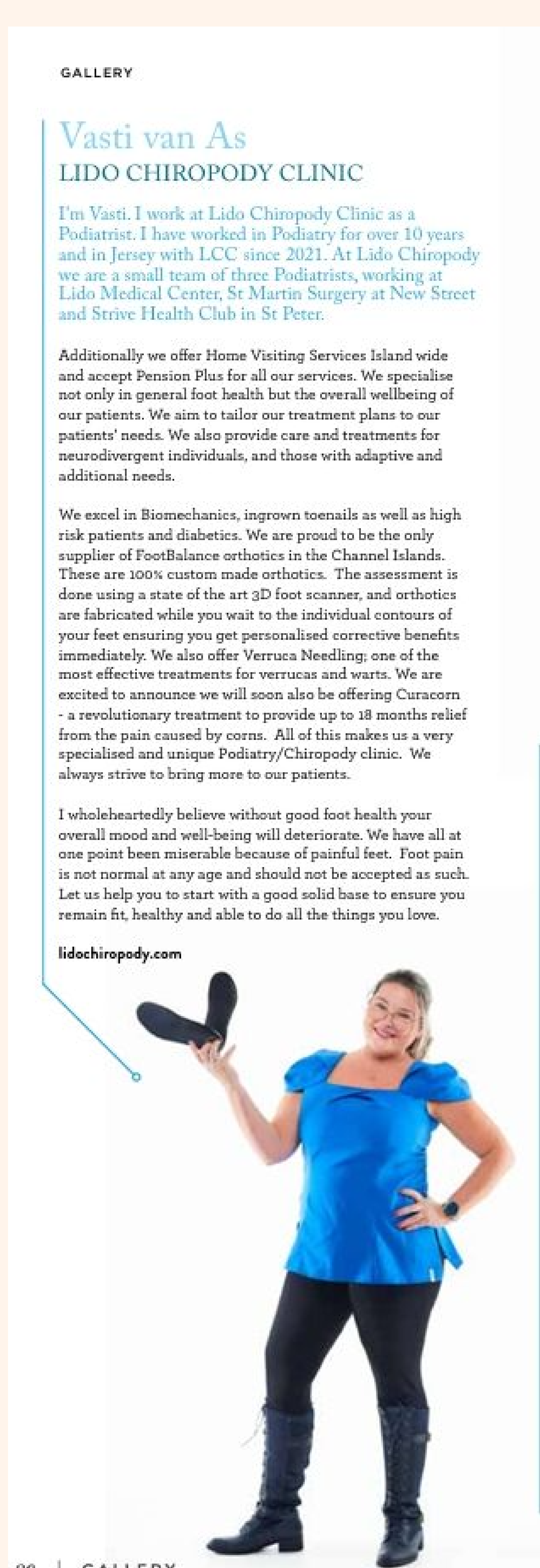


Winter means: Dry skin, cracked heels and cranky toes

Some handy hints and tips:

- * As always make and keep your appointments to ensure happy feet.
- * Apply a nice, rich foot cream (never between the toes) at least once daily.
- * Lock in the moisture with some comfy Bamboo socks (now available in clinic).
- * Avoid long hot showers.
- * Always, always dry your feet thoroughly.
- * Avoid warming your feet too quickly. Chilblains are still making an appearance.
- * Any problems, give us a call!

We are in Gallery Magazine



To ensure we remain compliant with our updated standards and regulations, in the new year all patients will be required to complete a new and up to date Medical History, Medication and Consent Form.

These will be emailed before your next appointment. To save time during your appointment please complete these ahead of time. They can be completed in clinic but, this will take up part of your treatment time. The form will be sent out as "New Patient Medical Information Form", as an existing patient please still complete the same form.

We have some exciting things coming in the new year, keep checking in and remember to schedule your regular appointments to avoid any pain, discomfort and disappointment.