



Lido Chiropody Clinic

Reminder of our clinics:

We offer a variety of treatments in all of our clinics, ensuring your feet can stay healthy and comfortable:

- All **New Patient** and **Routine** appointments are available at all 3 locations.
- **Nail Surgery, Verruca needling** and **FootBalance** are available at both **Lido Medical Centre** and **New Street**.
- **Curacorn® Treatment** is ONLY available with Vasti at **Lido Medical Centre**.

Lido Medical Centre, Suite 2.7, St Saviour's Road, St Saviour, JE2 7LA

St Martin Surgery, Charles Bisson House, New Street, St Hellier, JE2 3RA

Strive Health Club, L'Avenue de la Reine Elizabeth 11, St Peter, JE3 7BP

(Wednesdays only)

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.



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.

Spring and Summer means:

After months of being bundled up in heavy socks and winter boots, your feet are finally ready to see the light of day. But, are they really ready for their debut?

As the sunshine returns and our toes finally escape their winter hibernation, our feet suddenly become the stars of the show. But, after months of dry indoor heating, chunky boots, zero fresh air and thick socks, they're not always ready to be put on display.

At **Lido Chiropody Clinic**, we see a big rise in foot troubles this time of year as people swap socks for sandals. A little spring foot prep now can save you from cracked heels, stubborn calluses and those “why do my feet look like this?” moments later.

Top Tips for Happy Summer Feet

Wash & Dry Like a Pro

A daily wash with warm water and mild soap helps keep feet fresh. Don't forget to dry thoroughly between your toes—fungi love a damp hiding place.

Moisturise, But Not Too Much

Think of moisturiser as a drink for thirsty feet. Focus on heels and soles, but skip between the toes to avoid excess moisture.

Buff Away Winter

A gentle exfoliation a few times a week helps tackle rough skin and keeps calluses under control.

Give Your Nails Some Attention

Sandals put nails on display—and unfortunately make them more vulnerable to knocks and bumps. Keep them neat and protected.

Barefoot? Think Twice

Poolside and changing rooms might feel carefree, but they're also hotspots for fungal infections and verrucae.

Check In With Your Feet

A quick once-over every now and then can help spot cuts, blisters, redness, or swelling before they become bigger problems.

The Best Part?

Getting your feet sandal-ready doesn't have to be a chore. A quick appointment can have them looking polished, feeling comfortable, and ready for every beach walk, garden party, and summer adventure ahead.

And one final reminder...

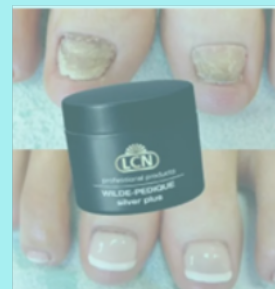
 **Suncream isn't just for your shoulders. Your feet need it too!**

Trust us—sunburnt toes are not the summer accessory anyone wants.

New and Coming Up

LCN Wilde Penique Nail Reconstruction:

- Fungal nail?
- Nail trauma?
- Nail Surgically removed?



LCN reconstruction can provide a **temporary** aesthetic appearance for holidays or special occasions.

5 minute fungal test:

Our advanced Diafactory testing kit delivers results in just five minutes, enabling rapid diagnosis of fungal nail infections and timely initiation of the appropriate treatment, eliminating unnecessary delays.



PodTox® a treatment involving injections of Botulinum Toxin to treat conditions such as hyperhidrosis, plantar fasciitis, Morton's Neuroma amongst others. **This is not available yet but, it is coming soon...**

Reminder:

All new and existing patients will be required to complete a new Medical History and Consent form. These will be emailed out over the coming weeks. Although we know this is annoying, it is also a legal requirement for us to remain compliant as well as to ensure we provide you with safe, effective and personalised treatment at all times.

If you struggle to complete it online, we can help you do so in clinic.

Please do bring an updated medication list to your next appointment.

Home Visits:

Finding your way around the island can sometimes be a little challenging, especially with all the road works, closures and the endless delays caused by traffic. We try to offer the best level of service we can, especially trying to ensure we reach you in good time. However, navigating the estimated 350 miles of road around the island trying to locate properties can be challenging.

We are now trying to implement a system to make our lives easier and your visits smoother.

We would greatly appreciate if all **Home Visit** patients could please get their “What3Words” location and when making your next booking, please give this to us. It means we will know exactly where you are and how to get to your home. Googlemaps is great but, not very effective in Jersey.

<https://what3words.com/>

July is Sarcoma Awareness Month



Sarcomas are rare cancers. There are 2 main types of sarcoma:

- Soft Tissue Sarcoma
- Bone Sarcoma

Each year about 4300 people in England are diagnosed with soft tissue sarcoma. About 550 people are diagnosed every year with primary bone cancer in the UK.

The symptoms of soft tissue sarcoma depend on the part of the body that is affected. The main symptom is a lump or swelling. Keep an eye on lumps and bumps on the body that is:

- Getting bigger
- Bigger than 5cm (2in) - about the size of a golf ball
- Painful or tender

Most soft tissue lumps are **not** cancer but, if you notice any of these symptoms, it is important to get them checked by your GP

PRODUCT
of the
MONTH!

FootBalance 
3D FOOT SCAN
AND CUSTOM MOLDED ORTHOTICS,
ALL DONE WHILE YOU WAIT.

1 3D SCAN 2 CUSTOM DESIGN 3 PERFECT FIT

 **BETTER**
SHOCK ABSORPTION

 **BETTER**
ALIGNMENT

 **BETTER**
POSTURE

USUALLY ~~£170~~
NOW FOR A LIMITED TIME ONLY
£150
PER PAIR



YOUR FEET. YOUR ADVENTURES. OUR PASSION. 

GET READY FOR THOSE **SUMMER** CLIFF PATH WALKS! 



**July and August
Promotion. While stocks
last. Book early to avoid
disappointment.**