



ROUTINE NAIL CARE

An Information Pack

Great Dunmow Osteopathy & Health

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A Note from Joe Hellier, Clinic Director

In our experience, routine nail care is a problem where people leave it far longer than they need to before seeking proper care. It is common, treatable and yet many people put up with the problem for years, trying home remedies that don't quite solve it.

We have written this pack for the patient who wants to understand what is going on before picking up the phone. It explains what routine nail care is, what may be contributing to it, and how our programme treats the problem properly.

There are no costs in these pages and no pressure to book - only the information we believe you need to make a considered decision.

If, after reading, you would like to talk to one of our podiatrists, the details for doing so are at the end.

Joe Hellier

Clinic Director, Great Dunmow Osteopathy & Health



Our Approach to Foot Care

We treat foot conditions the way we treat every area of the clinic: with thorough assessment, evidence-informed care and a clear plan from the outset.

Three principles shape our work in this area:

Proper diagnosis first

We do not begin treatment until we have a clear picture of what is going on. Routine Nail Care can sometimes look like other foot problems, and identifying the right cause is the first step. Where appropriate we refer onward - to your GP or another specialist - before, alongside, or instead of treatment with us.

Skilled, evidence-led care

Our routine nail care care is delivered by registered podiatrists using the techniques and equipment best suited to the problem. We do not rush appointments and we will tell you honestly if a problem needs a different approach.

Honest, clear advice

You will leave each appointment knowing exactly what we found, what we did, what to do at home and when you need to come back (if at all). Many of the problems we treat resolve in a single visit.



Understanding the Condition

Routine Nail Care is a common condition that responds well to focused care. Our clinical team will take you through what is happening and explain your options at your appointment.



Contributing Factors

Routine Nail Care almost always has more than one cause. Identifying which factors apply to you is part of the work of the initial appointment.



Three Common Presentations

While every case is different, the patients we treat for routine nail care most often present with one of three recognisable patterns. Identifying which applies to you is part of the work of the initial appointment.

Standard Routine Nail Care

Regular trim, file and basic skin care for healthy feet that just need ongoing maintenance. Suitable for anyone who finds home nail care difficult.

Each appointment includes nail cutting, smoothing rough edges, gentle removal of any minor callus, moisturising and a friendly chat about how your feet are doing.

Most patients come every 6 to 8 weeks. You'll leave with comfortable, tidy, well-maintained feet.

Diabetic-Safe Routine Care

Routine foot and nail care specifically tailored for patients with diabetes. Extra care around sensation, circulation and infection risk.

We use sterile instruments, take extra time to check for any developing issues (small breaks in skin, signs of pressure, callus build-up) and give you any specific advice to keep you safe between appointments.

Diabetic foot complications are far less likely with regular professional foot care — this is one of the highest-impact preventive things you can do.

Complex Routine Care

For patients with very thick, distorted or fungal-infected nails, severe callus or other complex foot care needs that go beyond simple maintenance.

We use specialist nail-thinning equipment, sterile instruments and an unhurried approach to safely manage even the most challenging nails.

Complex cases often start with a longer first appointment to bring things back to a manageable state, then move into regular maintenance.



Our Programme

Our routine nail care service combines professional nail cutting and filing, gentle callus reduction and basic foot maintenance in an unhurried, friendly appointment.

Initial consultation

Your appointment starts with a brief, friendly chat about your feet and any concerns. We check the condition of your nails and skin, look for anything that needs attention beyond routine care and then carry out the trim, file and any gentle skin work needed. You'll leave with comfortable, well-cared-for feet.

Treatment course

We use sterile instruments and take a careful, gentle approach. Many patients tell us this is the most relaxing part of their week.

Review and aftercare

Regular routine care also catches developing problems early — a small callus, a tiny crack, a nail starting to ingrow. Catching these things early stops them becoming bigger problems.



Care After Your Appointment

Most of the conditions we see can be largely resolved in one or two appointments. After your treatment we give you everything you need to keep the result and stop the problem coming back.

Immediate aftercare

You will leave with a clear written aftercare plan tailored to your treatment. Most patients walk out comfortably and can carry on with their day as normal. Where a dressing or specific footwear is needed we explain everything and provide what you need to take home.

At-home care

We give simple, practical advice on cleaning, moisturising, trimming and footwear that is realistic to keep up day-to-day. Most relapses come from small daily habits, and a few minutes of the right routine can keep your feet healthy long-term.

When to come back

Some conditions need a follow-up to check progress. Others are sorted in a single appointment and we will tell you so. Many of our patients see us regularly for routine maintenance, especially if they have a condition that tends to recur.



Your Next Step

If you would like to book a podiatry appointment or simply discuss your situation in more detail, you can reach us by phone, email or via the booking page on our website.

All initial enquiries are handled by our clinical team. There is no obligation to book treatment after an assessment, and no judgement if it turns out a different approach is the right fit.

We look forward to hearing from you.

Contact

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