

# Monthly Newsletter

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**Accepting new patients**

**Contact Your Foot**

**Specialist/Chiropodist:**

**The Footcare Centre**

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## What is Cauterization?

Cauterization is a medical technique of burning an area of tissue in order to remove it or close it off. It destroys tissues in an attempt to stop bleeding, prevent infection, and remove an unwanted growth.

There are generally two types of cauterization. Firstly, electro-cauterization is where a current is passed through a resistant metal electrode. This generates heat, which is then applied to living tissue to destroy it or stop bleeding.

Second, chemical cauterization is where an area of tissue is burnt with a chemical, for example Phenol during nail surgery. This will remove an undesired growth, such as hyper-granulation during nail surgery. Warts, and molluscum contagiosum

(a viral infection) may also be effectively treated with silver nitrate

### **Uses of Cauterization**

- Surgery

Cauterization is done to cut through soft tissue during surgery, so the surgeon can gain access to a particular site. It could also seal off blood vessels to prevent blood loss and to keep the area clean

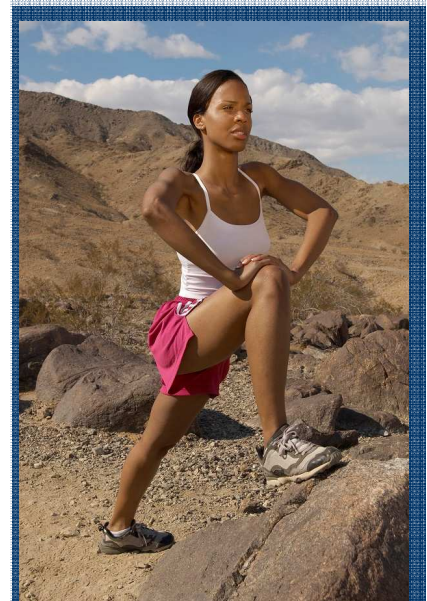
- Tumor removal
- Nasal treatment

May be used to control frequent nosebleeds

- Wart removal
- Ingrown toenail surgery

## **Update**

*As of the date of this newsletter, All members of our team have received their 2<sup>nd</sup> COVID vaccine dose and are now fully vaccinated!*



## What is Cauterization? (Cont'd from previous page)

### *Process of cauterization*

1. The area to be cauterized is disinfected
2. Numbing cream or anaesthetic is usually applied to avoid pain
3. Cauterization usually takes only a few minutes  
. There is a high possibility of transmission of fungal infections from others who have used the same bathroom before.

4. After the procedure, the area is usually bandaged or dressed.

If you are suffering from foot conditions such as warts, corns or ingrown toenail problems, cauterization may be a suitable and fast treatment option.

Make sure to visit your Chiroprapist soon for a personalized treatment plan! ♦



## Relieving Tired Feet

We use our feet so much that foot aches and pains are now a common complaint. Yet, there are many ways to give our feet the care that it deserves.

### *Simple Ways to Relieve and Pamper Your Feet*

Age, ill-fitting footwear, flat feet, or even dehydration are some of the factors that make our feet ache.

As most of us spend long hours walking, running, or shopping around, we also need to give our feet some relief.

Here are some of the best ways to treat your aching feet:

### **Foot Bath or Foot Soak**

Add two tablespoons of Epsom salt to a basin of warm water and soak your feet for 15 to 20 minutes. The magnesium sulfate component of the Epsom salt will instantly relieve sore feet and ease muscle spasms.

You may even add a few drops of your favorite essential oils for a more relaxing experience.



After soaking, dry your feet and soothe with lotion or cream as Epsom salt can dry up the skin.

### **Foot Oil Massages**

Foot massages are beneficial in many ways. Its benefits include:

- Relief from foot, leg, and muscle pain
- Improves blood circulation
- Calms your nerves
- Promotes better sleep

There are different massaging

techniques that you may try at home. You could also use warm oil avoid undue friction on the skin's surface, and to help you relax. Here are some easy massaging techniques to follow:

#### **• Toe Massages**

How to do it:

1. Hold the base of one foot with one hand.
2. Using the other hand, start from the outer toes and pull each toe gently.
3. Repeat at least three times.

## Relieving Tired Feet (Cont'd from previous page)

### • Heel Squeezing

How to do it:

1. Hold the top of one foot with one hand.
2. Then, hold the back of the feet on the other.
3. Squeeze the heel for a few seconds and release.
4. Repeat at least three times.

### Summary

There are many ways to pamper and rejuvenate your aching and tired feet. You may try a few combinations to see what works best for your feet. As always, make sure to visit your chiropodist if you have any concerns about prolonged foot pain. ♦



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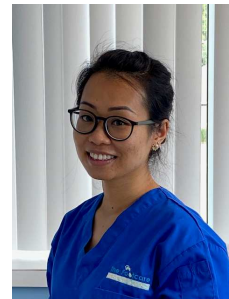
If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

*The Care,  
Professionalism and  
Time that your feet  
deserve*

## Goodbye.....and Hello.....

At the end of this month, we sadly say goodbye to Jake Cahoon, who will be moving to pastures new. We wish him well for his future endeavours.

But fear not! We have a new face at the office.....Diane Le. She will be assuming all of Jake's caseload. She looks forward to meeting you all.



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