

## How do I book an appointment?

To book an appointment, contact your nearest IPC Health campus. You may be put on a waiting list for this service.

If you want to make an appointment but are older than 65 (or if you're an Aboriginal or Torres Strait Islander person older than 50) you need to contact My Aged Care on **1800 200 422**.

Remember to ask for IPC Health to be your preferred provider.

## Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.



IPC Health acknowledges the support of the Australian and Victorian Governments.

### IPC Health Corporate Office

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PO Box 171 Deer Park VIC 3023

**ACN** 136 685 151  
**ABN** 68 846 923 225

### Deer Park

106 Station Road  
Deer Park 3023

### St Albans

1 Andrea Street  
St Albans 3021

### Sunshine

Level 1, 499 Ballarat Road  
Sunshine 3020

### Altona Meadows

330 Queen Street  
Altona Meadows 3028

### Hoppers Crossing

117–129 Warringa Crescent  
Hoppers Crossing 3029

### Wyndham Vale

510 Ballan Road  
Wyndham Vale 3024

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## Podiatry



## What does a podiatrist do?

A podiatrist is a health professional who is trained to assess, diagnose, treat and manage problems of the feet and lower legs.

Podiatrists can:

- check blood flow and feeling in your feet
- perform surgery on ingrown toenails
- manage ulcers on your feet
- check how you walk
- check the skin and nails on your feet
- prescribe pressure-relieving insoles or arch supports (orthotics)



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## What should I bring to my first appointment?

- your list of medication
- your medical history
- footwear that you wear regularly (including your work shoes, exercise shoes, casual shoes)
- any recent x-ray or ultrasound images of your feet

## How can a podiatrist help?

- help you to look after your feet
- help with pain in the feet and lower leg
- talk about your shoe choices
- help people with diabetes look after their feet
- check children's feet and the way they walk
- help you treat foot ulcers and sores
- help with skin and nail problems on your feet

## Who can use this service?

IPC Health offers podiatry services to clients who live, work or study in Brimbank, Wyndham or Hobsons Bay.

We do not cut toenails or remove hard skin.

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## Is there a fee?

A fee may apply for this service. To learn more, please contact our Client Services team.