

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats.

NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:

[fife-
UHB.EqualityandHumanRights@nhs.net](mailto:fife-UHB.EqualityandHumanRights@nhs.net)
or phone 01592 729130

Further patient information leaflets are available online on our website www.nhsfife.org/

Fife Council and NHS Fife are supporting the people of Fife together through Fife's Health and Social Care Partnership.



www.fifehealthandsocialcare.org

Issued	January 2002
Revised	Sept 2017
Next Review	Sept 2019
Images	Microsoft



PODIATRY DEPARTMENT



*used with permission of Microsoft

CHILBLAINS

CHILBLAINS

Chilblains can occur at any age and usually start in early winter.

They appear as red, itchy swellings on the skin and can be single or multiple.

Often the skin can break allowing germs to enter causing infections.

WHAT CAUSES THEM?

Chilblains are caused by the skin's abnormal response to change in temperature, especially if the skin is heated up quickly after coming in from the cold.

WHERE ARE THEY FOUND ON THE FEET?

Chilblains usually occur on:

- the toes
- the heels
- bunions on the first and fifth toe joints

HOW CAN I HELP PREVENT THEM?

- Carefully bath in lukewarm water and dry gently.
- Avoid cold, damp extreme temperatures. If in the cold, warm feet slowly. Never heat your feet up quickly close to a fire or radiator.
- Wear warm lined footwear with plenty of room.
- Thicker thermal socks and insoles may be worn only if the footwear will accommodate the extra bulk.
- Take adequate exercise to help your circulation.
- Stopping smoking can also help as this can affect your circulation.