



IDA-TALLINNA KESKHAIGLA

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## Appointment with foot care nurse for diabetics

If required, you can turn to the foot care nurse for advice and treatment of skin injuries, ulcers and post-amputation conditions and upon the onset of inflammatory diseases.

A foot care nurse appointment includes the following:

- tutorial on foot care at home
- treatment pedicure
- treatment of ingrown nails
- instruction on treatment and wound care of leg ulcers

A referral from a family or specialist doctor is required to attend the appointment! Appointments are also available for a fee without a referral and with a shorter waiting time.

Appointments can be booked:

- ITK patient portal [iPatsient](#)
- the national digital register [www.digilugu.ee](http://www.digilugu.ee)
- by phone [666 1900](tel:6661900) Mon-Fri 7:30-18:00
- at the reception