

AS Ida-Tallinna Keskhaigla Ravi 18, 10138 Tallinn Rg-kood 10822068 Tel 666 1900 E-post info@itk.ee www.itk.ee

## 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 postamputation 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 <u>for a fee</u> without a referral and with a shorter waiting time.

## **Appointments can be booked:**

- ITK patient portal iPatsient
- the national digital register www.digilugu.ee
- by phone 666 1900 Mon-Fri 7:30-18:00
- · at the reception