Welcome to Zest Podiatry, part of Zest Allied Health Professionals Ltd.

A refreshing new podiatry business built from two existing practices, Toptoes Podiatry Ltd and Oxford Foot Clinic.

Here at Zest, we strive to offer you the best customer experience by offering a range of treatment options for your podiatry needs, delivered by podiatrists who really care about you.

Wootton Clinic
- Great parking directly outside the clinic.
- Disabled access to clinic but no disabled toilet access.
11b Besselsleigh Road, Wootton, OX13 6DN
Monday to Friday 8:30am to 5pm
Thursday till 7pm & Saturday 9am to 1pm

Home Visits
- Available throughout Oxfordshire on Mondays and Saturdays.
- Available to those patients that cannot travel easily to the clinics.
- Appointments and payments can be managed direct with the clinic.
- All first appointments with elderly clients will request a companion to be present.
- Full medical history and medication will be discussed.
- Invoicing and receipts always available.

All our Podiatrists are:
- Members and insured through the Society of Chiropodists & Podiatrists
- hcpc registered
- Professional, private and confidential.

Our team include podiatrists with speciality interests in dermatology, biomechanics and surgery.

Reception Contact Details:
Monday to Friday 8:30am - 5pm
Thursday till 7pm & Saturday 9am to 1pm
01865 236050
reception@zestpodiatry.co.uk
At Zest Podiatry we provide high quality treatment in a friendly environment. We are committed to continuing podiatry education and keeping abreast of changes. We encourage preventative techniques, helping you to understand how to maintain the health of your feet and keep active.

Podiatry treatments are tailored to each individual’s need. A podiatrist works through assessment, diagnosis and treatment with short and long term care plans. Medical information is requested and held by the Podiatrist and records are updated at each treatment.

**Initial & return Appointments**
Initial appointments last up to 40 minutes and incorporate treatment, advice and guidance, support and a treatment plan. Return appointments must be within 1 year of a previous appointment and are up to 30 minutes.

**General Podiatry includes:**
- Toenail cutting service (especially thickened nails)
- Dry/cracked heels removal
- Corn & callus removal
- Verrucae treatment (incl. Cryotherapy)
- Fungal treatment
- Relief from ingrown toenails

**Specialist Podiatry**
- Biomechanics & orthotic therapy
- Verrucae surgery (Faulknors Needling)
- Nail Surgery (Partial Nail Avulsion and Total Nail Avulsion)
- Diabetic Assessments
- SWIFT microwave verrucae therapy

**Other Treatments Available**
- Emergency appointments
- Finger nail cutting (alongside podiatry)
- LCN Wilde-pedique Nail Reconstruction
- Prende Warm Wax Therapy Treatment
- The Lacuna Fungal Nail Treatment

Got a query or question?
Please call on 01865 236050 or email reception@zestpodiatry.co.uk
At Zest Podiatry we will do our best to manage our appointment system avoiding delays to you and minimising loss of our surgery time through cancellations and failure to attend.

In our practice we:
- Communicate with patients in a courteous, friendly professional manner.
- Make sure that patients receive full information about our services, their treatment and its cost.
- Provide advice and treatment outside normal surgery hours where necessary.

In our practice we will:
- Ensure that patients have to wait no longer than 10 minutes to be seen. If there is a further delay we will explain the reasons.
- Remind patients of their appointment by text, email or telephone call, which ever is preferred.
- Monitor our waiting times for treatment and for booking appointments.
- Provide as much notice as possible when appointments have to be changed or cancelled, and explain the reasons.
- Advise patient if there is a change of podiatrist.

In return, it would be helpful if you:
- Participate in your podiatry treatment, particularly with any advice about prevention that we recommend you continue at home.
- Arrange on time for your appointment. Please give us at least 24 hours advance notice if you are unable to keep your appointment. Should you fail to attend your appointment without notice a charge may be payable.
- Advise us of any changes to your contact details (address, telephone numbers and email) to help us keep our records up to date and ensure we can contact you.

Initial Appointments
Please bring an up to date medication list and key medical information and history to your initial appointment to discuss with the podiatrist.

Opening Hours
Monday to Friday 8:30am - 5pm
Thursday till 7pm Saturday 9am - 1pm

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**Biomechanics**
The study of the structure and function, diagnosis and treatment of disorders of the foot and lower limb.

**Nail Surgery - Total/partial Nail Avulsion with/without phenolisation**
This is a well established procedure performed by podiatrists in the UK. A permanent solution to symptomatic ingrowing nails. All our podiatrists are able to offer this procedure.

**Swift Microwave Verrucae Therapy**
This new therapy is designed to use microwaves which heat up the infected tissue which in turn breaks down the barrier around the verruca or wart and allows the body’s immune systems to fight off the viral infection. The microwave delivers rapid heat into the infected tissue but does not break the skin so no need for dressings, and is delivered in rapid bursts of heat so no need for a local anesthetic with little or no pain after treatment.

**Falknor’s Verrucae Needling**
This is an innovative and effective treatment for verrucae (warts), a form of soft tissue therapy which is intended to break down the verruca and create a controlled inflammatory response which, in turn, stimulates the body's immune system to recognise the virus and destroy it.

**LCN Wilde-pedique**
Wilde-Pedique Plus is a gel system designed specifically for toenails. It is an extremely elastic UV gel, which adapts to the movements of the toe. The "Plus" is the anti-mykotic agent Olamine Piroctone to protect against and treat fungal infection. Wilde-Pedique is effective on scaly nail surfaces, for correcting ridges and deformations, for hiding discolouration and for protecting growing toe nails.

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In order to deliver healthcare treatment, we will need to collect and process personal data. It is a legal requirement that this data is stored for a number of years (which can vary depending upon the person's age and circumstances but will be for a minimum of 7 years).

You can access all of your personal data that Zest Allied Health Professionals Ltd stores by request. You can write to us or email to request or seek further information.

Address: Zest AHP Ltd, 11B Besselsleigh Road, Wootton, Abingdon, OX13 6DN
Email: victoria@zestahp.co.uk

We ask for permission to use your data to send to another healthcare practitioner, this will only be done with your consent.

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**Prende Warm Wax Therapy Treatment**
Increases blood flow, relaxes muscles and increases hydration in the skin. Intended for deep moisturisation and softening the skin while providing a therapeutic and healing effect to sore aching joints. Making it particularly beneficial to those suffering from arthritis and rheumatic pain and stiff joints.

**The Lacuna Fungal Nail Treatment**
The drilling of multiple holes across the fungal area. We then inject Amorolfine into the holes and spray across the nail plate and get the patient to apply this every day and return in 6 weeks for a review. It is relatively painless and no anaesthetic is required.

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**Privacy Notice**

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