

## How do I treat a chilblain?

There are lots of different treatments for chilblains but often it is a combination of treatments that are the most effective. The key is to warm your feet up slowly. Putting your feet on the radiator to warm them up may seem tempting but this will actually worsen the condition.

Socks made out of bamboo can help to keep your feet warm as the bamboo is thermo-regulating –keeping your feet cool in the summer but warm in the winter. We stock a wide range of bamboo socks that you can purchase directly from us.



Footwear choice is also extremely important. Shoes with thicker shoes and insulating linings are really good at keeping your feet warm. We stock Dr Comfort shoes here which we can measure, order and fit for you to help treat and prevent chilblains.



AkilWinter and Gehwol Red are both creams that naturally open the skin's small blood vessels, encouraging the feet to warm up gently. If you are prone to chil-



blains it is a good idea to start using this cream from September up until March.

As always, if you have any questions or would like to know more information you can book in to see one of our Podiatrists who can give you more information.

## How do I hear more about the clinic?

There are lots of ways for you to keep in touch with all of upcoming news at the practice:

- You can follow us on our social media channels: Walsh Podiatry
- You can subscribe to our newsletter at [www.walshpodiatry.co.uk](http://www.walshpodiatry.co.uk)
- You can read our blog at [www.walshpodiatry.co.uk/blog](http://www.walshpodiatry.co.uk/blog)

## How do I book an appointment?

You can book an appointment:

- By phone: 0121 749 6313
- In person: 329 Chester Road, B36 0JG
- Online: <https://walshpodiatry.co.uk/book-online>



## Chilblains

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### What is a chilblain?

A chilblain is the result of your body's abnormal response to the cold.

### What causes a chilblain?

Chilblains are caused by our body's reaction to the cold often followed by rapid re-warming.

When the temperature drops, our small blood vessels close down. This takes the blood away from area and is when the chilblain may look purple or blue in colour.

If we warm our feet up too quickly, the blood vessels suddenly expand and blood rushes into the area causing it to swell, becoming painful and red.

Poor circulation can result in cold areas on toes and feet which can also lead to chilblains.

### Where can I get a chilblain?

The most common areas to develop a chilblain are at the ends of our toes and fingers.

However, you can also get chilblains on the tips of your ears, tips of your nose and on the soles of your feet



### What do chilblains look like?



A chilblain may appear red/purplish/bluish in colour. They may be shiny and itchy and can even be warm to touch.

### Are they painful?

Sometimes chilblains can be extremely painful, more so at night.

In some circumstances the skin can break down causing the chilblain to weep.

### What do I do if my chilblain breaks open?

If you have a chilblain that has broken down, you should dress the area and book in to see one of our Podiatrists who can assess the situation and provide the appropriate advice.

### What do I do if I think I have a chilblain?

If you think you have a chilblain you can book in to see one of our Podiatrists who will advise you on the best course of action to help the chilblains go away and on how to prevent them coming back.



### How long do chilblains last?

A lot of this depends on the outside temperatures, your circulation and what treatments you are using on them. Certain medications can also impact development of chilblains and their healing time.

Usually if your circulation is good and you are gently warming your feet slowly, chilblains can last between 2-3 weeks.

If you have had chilblains for much longer than this or you are concerned that they are not healing you can book in to see one of our Podiatrists who can examine them for you.