

Foot Care Services at Perley Health



Healthy feet are vital to good health. At Perley Health, we prioritize the foot care. From professional foot care and fingernail services, we make it simple to give your hands and feet the expert attention they deserve.

To ensure the sustainability of our services, we have adjusted our fee structure. These rates take effect on: **May 1, 2026.**

- Initial assessment: **\$70**
- Regular foot care services: **\$55** (typically recommended every six to eight weeks)
- Routine foot care and fingernail trimming: **\$65**

Veterans: Foot care coverage funded by Veterans Affairs Canada may be available. Please inquire with your care team for more details.

Our services are available to:

- Perley Health long-term care residents
- Convalescent Care clients in the Ottawa building
- Senior Living apartment tenants
- The service is now offered to members of the public through The Care Clinic at Perley Health.

How to Access Our Services:

- For Perley Health Long-Term Care Residents:
 - Request a referral through your unit care team.
- For Senior Living apartment tenants, Convalescent Care clients, or the public, contact The Care Clinic at Perley Health to schedule an appointment:
 - **Phone:** 613-526-7125
 - **Email:** careclinic@perleyhealth.ca
 - **Book online:**
PerleyHealthCareClinic.janeapp.com/#/foot-care-nursing
 - **Hours:** Monday- Friday, 8:00 am to 4:00 pm

Service Details:

- **Days:** Monday to Friday
- **Hours:** 8:00 am to 2:00 pm
 - The last appointment of the day is 1:00 pm

Locations:

- **Treatment room:** Inside the Active Seniors and Veterans Living Centre (first floor, Perley centre, near the glass door access). Please check in at The Care Clinic next door.
- Residents' rooms/Senior Living apartments.

Services Not Provided:

- Please note that our Nursing Foot Care service does not include nail polish application, pedicures, foot massages, or foot soaks.

We're committed to keeping you comfortable, healthy, and on your feet!

**Call us to learn more:
613-526-7170 x 2228**



Nursing Foot Care services provide convenient, in-home access to expert foot care for residents, and apartment tenants, as well as clinic-based access for everyone in the community. We understand the importance of healthy feet for overall well-being, especially as we age. Our expanded services aim to make it easier for you to prioritize your foot health without the hassle of travel.

Our Comprehensive Services

- Our dedicated team of two full-time registered practical nurses provides comprehensive foot care assessments and treatments, adhering to best practice guidelines and strict sterilization standards. We offer a range of services, including:
- Comprehensive foot health and medical history evaluation
- Nail care (trimming, including management of thick fungal nails and ingrown toenails)
- Sensation assessment
- Management of conditions such as corns, calluses, and diabetic foot care
- Callus reduction
- Guidance on appropriate footwear and circulation
- Personalized education to help you maintain healthy feet



Foot Care Products Now Available for Sale at the Care Clinic

We are excited to announce that various foot care products are now available for sale at the Care Clinic!

Products include the following:

- **Podo Expert Moisturizing Foam for Dry and Cracked Skin (Urea Free):** Daily repair cream for dry feet that strengthens and protects the skin barrier and prevents calluses.
- **Podo Expert Moisturizing Foam for Dry and Cracked Skin (With Urea):** Daily repair cream containing urea which boosts hydration and promotes exfoliation of dry and tough skin.
- **Podo Expert Healthy Nails Treatment Nail Spray:** Protects and stabilizes fungus-sensitive nails and supports the regeneration process
- **ClearNails-pro+:** Topical application treatment for fungal nails.

