

Contact us

ISLHD High Risk Foot Service
Phone: 1300 647 301

Monday -Friday 8:30am — 4:30pm

The High Risk Foot Service is an outpatient clinic based in Wollongong. There is also a clinic in Shoalhaven Hospital.

Please tell us which of these clinics you prefer to be seen at:

Wollongong Hospital

High Risk Foot Service, Ambulatory Care Centre
Level 1, Wollongong Hospital
Loftus St Wollongong NSW 2500.

Shoalhaven Hospital

Podiatry Department, Shoalhaven Hospital
2 Shoalhaven Street
Nowra NSW 2541

(Please note: there is no vascular support for this clinic.)

General email enquiries:

ISLHD-HRFS@health.nsw.gov.au

About us

We work as a team – the members of our team are:

- Podiatrist
- Diabetes Educator
- Endocrinologist (specialist doctor)
- Infectious diseases doctor
- Physiotherapist
- Dietitian
- We also work with vascular and orthopaedic surgeons.

Sometimes there may be one or more of these people looking at your foot/feet at the same time.

Need an Interpreter? We can book an Interpreter for you if you need help to communicate with staff. The service is free and confidential. Call the Translating and Interpreting Service on 131 450 to talk to someone before your appointment.

Need an Aboriginal Health Worker? An Aboriginal Health Worker (AHW) provides support and information for consumers who identify as Aboriginal or Torres Strait Islander. Tell staff you if you would like to speak with an AHW.



This information
has been tested
with Consumers

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Illawarra Shoalhaven
Local Health District



ISLHD High Risk Foot Service

Service Information



How can we help?

You might come to see us if you have:

- A wound on your foot
- An amputation
- An infection
- A foot that is hot, swollen and that might have changed shape (Charcot foot).

We will try to improve your foot problem. We also want to improve your overall health.

What can we do?

- Help to treat your wound
- Treat any infections
- Provide special shoes, boots or casts to help support your foot and decrease pressure
- Help you to manage your health and diabetes
- Help with your nutrition
- Provide referrals for tests
- Arrange referrals to other services if they are needed.

Appointments at the High Risk Foot Service

We work mostly in clinics at Wollongong Hospital, but we also go to Shoalhaven Hospital.

You need to make an appointment to see us at the Clinics.

During your appointment, you will normally see a few different health care providers about your health or foot problem.

How much does it cost?

There is no cost to see us. You may be asked to pay for special shoes, insoles or dressings if they are needed.

How often do you need to come?

You might need to come regularly until your foot problems improve.



Referral details

Please ask your doctor to send a referral to Dr Matthew Luttrell. Send your referral via email or fax to:

ISLHD-AccessandReferralCentre@health.nsw.gov.au

Access and Referral Centre

Phone: 1300 792 755

Fax: (02) 4253 0355

Please include in your referral, the results of any recent tests or operations in your referral. For example:

- Blood tests
- Test results of your wound (swabs or samples)
- X-rays or other recent scans of your feet and legs
- Ultrasound tests of the blood supply to your feet
- Operations on your feet
- Operations to improve your blood supply
- Medications.

What to bring to the appointment?

- ✓ A record of your blood sugar levels or your meter
- ✓ Your normal shoes and insoles
- ✓ The names and addresses of other specialists and people who have been looking after your health.