

Contact Us

ISLHD High Risk Foot Service
Phone: 1300 647 301

(Mon-Fri 08:30am—4:30pm)

The service is based in Wollongong, but is also available at Shoalhaven Hospital.

Please tell us which clinic below is best to be seen at.

Outpatient clinic locations:

Wollongong Hospital

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

Shoalhaven Hospital

Podiatry Department, 2 Shoalhaven Street, Nowra NSW 2541.

There is no Vascular support for this clinic.

General email enquiries:

ISLHD-HighRiskFootServiceReferral@health.nsw.gov.au

About Us

We work as a team made up of:

- Podiatrist
- Diabetes educator
- Endocrinologist (specialist doctor)
- Infectious disease doctor
- Physiotherapist
- Dietitian
- We also work with vascular and orthopaedic surgeons

Sometimes there might be a few of these people looking at your foot at the same time.

Referrals can be made to other health professionals and services if they are needed.

Need an Interpreter? Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.



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ISLHD High Risk Foot Service

Service Information



Health
Illawarra Shoalhaven
Local Health District

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 at Wollongong Hospital, but we also go to Shoalhaven Hospital.

You need to make an appointment to see us.

During your appointment you will normally see a few different people. They will talk to you 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 long does it take?

The first appointment may take 2 hours. Normally, it will take about 1 hour.

How often do I need to come?

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



Referral Details

Please ask your doctor to address a referral to Dr Matthew Luttrell.

The referral should include the results of any recent tests or operations that you may have had. These might be:

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

What should I 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.