

AUGUST 2020

# FOOT NOTES



Find Us On:



## About Us:

Did you know you can book your appointment online? Just visit [FreelandFoot.com](http://FreelandFoot.com) and click the "Request An Appointment" link right on the Home Page! Tell us how we can help you and your availability. We will call you with the dates and times we have open that suit you best. Quick and easy!

We are growing our team! Freeland Foot & Ankle Clinic is looking for a Medical Assistant. Apply at [Indeed.com](http://Indeed.com) and then email us.

## Tip-py Toes:

Addressing an Ingrown Toenail.

We have all had to play doctor at home from time to time, but when it comes to an ingrown toenail, it might not be the best time.

- ~ Let a professional remove it.
- ~ Soak in warm water as needed to relieve pain until your appointment.
- ~ Wear shoes that will not rub on your toe(s).

If left untreated, an ingrown toenail can cause an infection in the bone of your toe. A toenail infection can also lead to foot ulcers, or open sores and more issues.

## Community:

Thank you to all our Virtual 5K Runners!

Great job accomplishing your run and we hope you continue to keep moving.



## Deal of the Month

In honor of Patient Appreciation Day, our products will be 10% off for the month of August!

\* **Urea Care**      \* **Claris**      \* **Biofreeze**      \* **Pure Stride**

We greatly appreciate you and are happy to be a part of your health and wellness journey!

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