

Chilblains



What is it?

Chilblains, also called Pernio, is an inflammatory skin condition that occurs as an abnormal circulatory response on exposure to cold weather. 1 in 10 people in the UK suffers from it. Anyone can get Chilblains, it is mostly seen in the young and elderly, usually women.

People with poor circulation and small blood vessel disease are more prone to developing Chilblains.

What causes it?

It's still uncertain, but theory suggests that people who suffer from Chilblains have a narrowing of the blood vessels in the skin, brought on by cold. This constriction of the small blood vessels consequently reduces the blood flow, resulting in pain and swelling as the body starts to warm up. Recovery can take as long as six weeks.



How do I know if I have it?

- You will notice small itchy, red or dusky red swollen spots over your fingers or toes.
- You may experience Intense itching or/and pain.
- The spots can present as multiple, or singular patches on the skin.
- Dryness in the skin leading to blisters or splits in the skin.
- Skin in the affected areas can breakdown into sores, and an infection may develop.

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How can it be treated?

- Avoid scratching the affected area of skin.
- Apply Chilblain creams such as Balmosa cream, or Calamine lotion.
- Avoid extremes of temperature.
- Avoid walking barefoot on cold surfaces.
- Take regular exercise and enjoy a healthy diet.
- Consider stopping smoking, as this constricts the blood vessels.
- Wear suitable-fitting footwear to avoid rubbing over vulnerable areas.
- Wear socks with thermoregulating properties.

*If you are concerned
and need further advice,
we can help.*



How do I prevent it in the future?

In an initial consultation, one of our Podiatrists will check your foot health status and circulation. They will be able to confirm a diagnosis and give you tips on how to look after your feet.

We offer Warm Wax Foot Therapy at the clinic. This is an excellent treatment for an improved circulation.

*For more information, contact us
at Tel. [0118 304 9389](tel:01183049389)
[or book online](#)*

