

Gruesome footage shows 'Miss Foot Fixer' chipping away at a patient's thick and cracked skin with a scalpel

- Miss Foot Fixer said if left untreated, dry cracked skin can lead to infection
- The YouTube star racks up views on videos from her London-based clinic
- The patient's cracks were deep and needed many different tools to be treated

By VANESSA CHALMERS HEALTH REPORTER FOR MAILONLINE
 PUBLISHED: 12:25 BST, 12 April 2019 | UPDATED: 12:31 BST, 12 April 2019

Share 13 shares View comments 4

A gruesome video shows a podiatrist chipping away at a build-up of cracked skin on the bottom of a patient's foot.

Working at London's Harley Street Foot and Nail Clinic, she gently scraped away at an unnamed female patient's feet with tools for an hour.

Eventually the woman giggled at her touch, having had such a thick build-up of skin that her feet had become numb.



Miss Foot Fixer warned that, if left untreated for a long time, cracks can get so deep the feet can bleed, discharge or become infected.

The patient said she had been for a pedicure in the summer, a few months before, where they may have treated some of the dry skin.

However, after seeing Miss Foot Fixer, she said she would never return for a pedicure because 'you don't know how well' they clean the tools and foot baths.

SHARE THIS ARTICLE

Facebook Share 13 shares

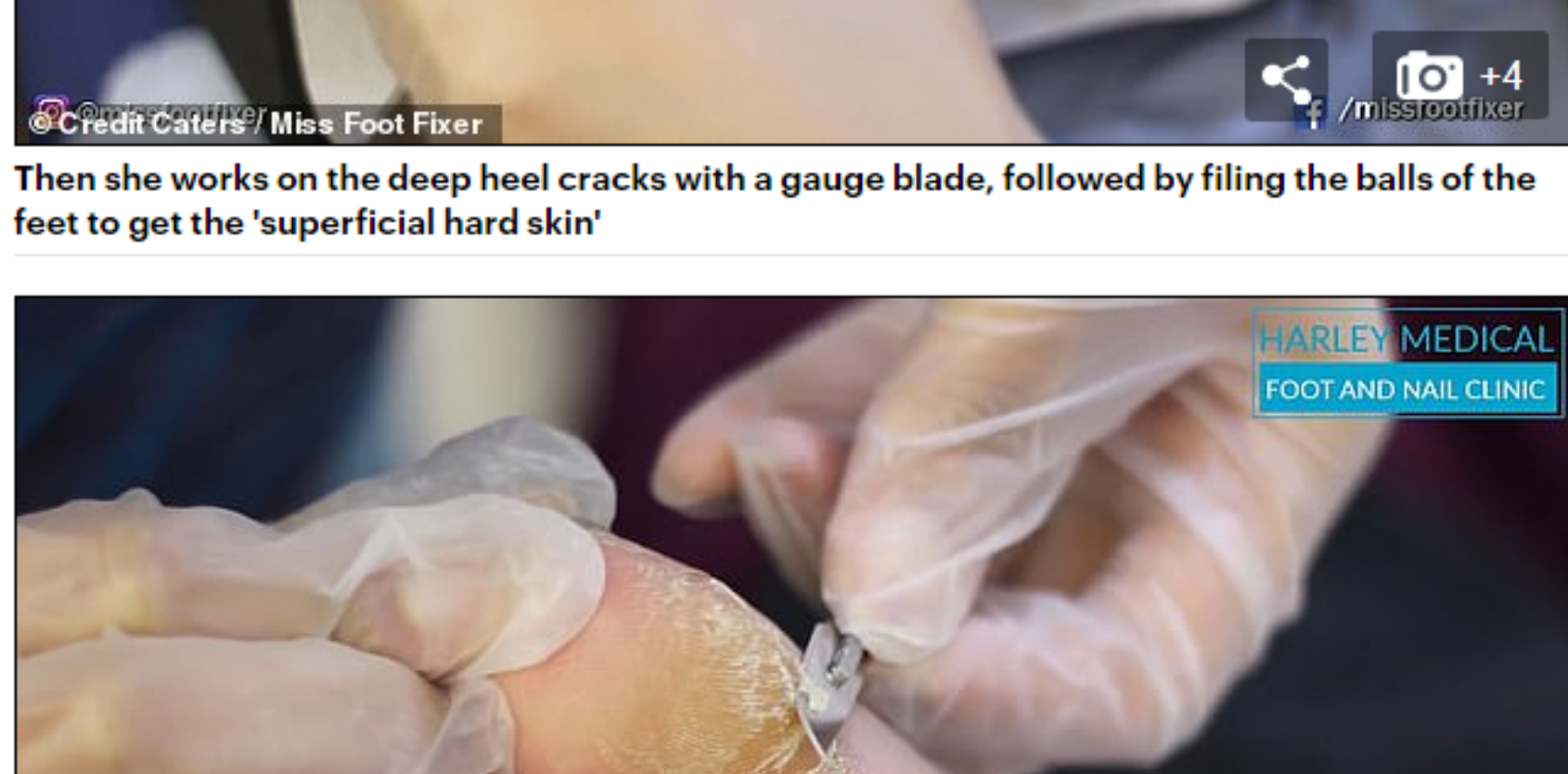
RELATED ARTICLES

- Eating brains and bones saved my life: Vegan, 25, gave up...
- You must be yolking! Controversial study finds one egg a day...
- Man gets white stripes across his fingernails after climbing...
- Traditional bicycle helmets should be 'revolutionised' to...

The video shows Miss Foot Fixer scraping away at the top layer of hard skin with a scalpel.

She urges viewers to not try this at home because it is easy to cut yourself.

Then she works on the deep heel cracks with a gauge blade, followed by filing the balls of the feet to get the 'superficial hard skin'.



After cleaning with antiseptic, she gets to work on the deeper hard skin underneath.

At this point, the woman starts to laugh - presumably because she had regained the sensation she lost due to the thick skin.

Lastly, Miss Foot Fixer drills at the deep heel cracks - called fissures - with a machine tool.

At the end, the difference between the treated and untreated foot is visibly clear, but Miss Foot Fixer says the patient must moisturise the foot to help it heal.

Viewers commented that a lot of 'professionals' can leave the foot looking 'butchered'.

Ms You said the cause of hard and dry skin is a result of dryness and pressure build-up, and it can cause a lot of pain.

Dr Anton Alexandroff, consultant dermatologist and British Skin Foundation spokesperson, said: 'The patient is likely to have dermatitis or psoriasis of her feet.'

He said: 'The practitioner is removing thick skin but the patient needs to see a specialist dermatologist to treat the underlying condition.'

'It can be treated with emollients, steroid cream and sometimes very potent medication called Tactino (alitretinoin).'

WHAT CAUSES CRACKED HEELS?

Cracked heels, also called 'heel fissures,' are a fairly common foot condition.

For many people they are merely a nuisance or a cosmetic problem, but if the cracks are deep, they can be painful when you're on your feet. Cracked heels may also bleed.

Cracked heels generally are caused by dry skin (xerosis) and are more difficult to treat if the skin around the rim of the heel is thickened or callused.

In severe cases, the cracks or fissures can become infected.

Around 20 per cent of US adults ages 21 and older (about 44 million people) have experienced cracked skin on their feet, according to the 2012 National Foot Health Assessment conducted by the NPD Group for the Institute for Preventive Foot Health.

The problem is more severe among women, who report the condition at a rate more than 50 percent higher than men.

Beyond dry skin, other causes for cracked heels include:

- Biomechanical problems that increase pressures in the heel area.
- Prolonged standing, especially on hard floors.
- Obesity, which increases the pressure on the normal fat pad under the heel, causing it to expand sideways. If your skin is not supple and flexible, the pressure can cause cracking or fissures.
- Open backs on shoes or sandals, which allow the fat pads in the heel to expand sideways and increase pressure on the skin, causing it to crack.
- Some medical conditions predispose people to dry skin. For example, Sjogren's Syndrome, a rare condition, psoriasis, eczema and fungal infections.

Source: **The Institute for Preventive Foot Health**

Site Web Enter your search Search

Like Daily Mail Follow Daily Mail
 Follow @DailyMail Follow Daily Mail
 Follow @MailOnline Follow Daily Mail

DON'T MISS

- ▶ Black Panther actor Chadwick Boseman dies aged 43 after four year battle with colon cancer - as his wife and family pay tribute to 'a true fighter'
- ▶ Rebekah Vardy beams as she steps out in London after 'filing legal papers to FORCE'
- ▶ EXCLUSIVE Demi Rose displays her captivating curves in a plunging floral bikini as she enjoys a stroll on the beach during Ibiza holiday
- ▶ 'I'm super impressed with my kids!' Holly Willoughby reveals her children have snapped her fashion pics... as daughter Belle adds the finishing touches to TV star's makeup
- ▶ Davina McCall, 52, looks sensational as she flaunts her washboard abs in a collection of colourful bikinis in new sizzling snaps
- ▶ Back to school! 10 things every parent needs to remember before the new term starts AD FEATURE
- ▶ Heavily pregnant Sophie Cookson who played Christline Keefer in BBC drama is set for her new role as a mum as she strolls in London with beau Stephen Campbell Moore
- ▶ 'I was dumbstruck': Gloria Hunniford says Sarah Harding's shock breast cancer news reminded her of her late daughter Caron Keating's devastating diagnosis
- ▶ Khloe Kardashian and Tristan Thompson back ON! Scott Disick confirms rumors as he declares NBA player 'is a lucky man' after star shares bikini shots
- ▶ TOWIE's Amber Turner displays her incredible weight loss in a plunging black bikini as she soaks up the sun poolside during Crete getaway
- ▶ Want in on the secret to effective weight loss? We reveal how you could shed the pounds AND boost your health with just three simple steps AD FEATURE
- ▶ Justin and Hailey Bieber upsize their lives after purchasing a massive \$25.8 million mansion in the private Beverly Park community
- ▶ Kylie Jenner seen visiting the Louvre Museum in Paris... after receiving flack for ill-timed social media post displaying her jet-set lifestyle
- ▶ Catherine Tyldesley wraps up in a nude trench coat as she films emotional vigil scenes in the early hours for ITV police drama Viewpoint
- ▶ 'I understand why but obviously I'm disappointed': Harry Maguire admits he is upset after being axed from Gareth Southgate's England squad
- ▶ Jenna Dewan dons a plunging floral crop top as she picks up groceries... after reflecting on challenges of being a new mother in pandemic
- ▶ Ed Westwick jokingly proposes to girlfriend Tamara Graciconi (before being rebuffed!) as they enjoy a cosy lunch in Lake Como
- ▶ Return of the red carpet! Tara Reid sets pulses racing in a semi-sheer black dress as she leads stars at the FIRST film launch since COVID-19 lockdown
- ▶ Lady Gaga flaunts her aqua-coloured locks in a sultry selfie as preparations continue ahead of VMAs performance
- ▶ Victoria Beckham looks incredible in a tiny pink silk dress as she puts on a VERY cosy display with husband David in rare snap
- ▶ Kourtney Kardashian joins ex Scott Disick for dinner at Nohu as she risks a run-in with ex Sofia Richie after she arrives at the eatery with pals
- ▶ EXCLUSIVE Brad Pitt, 56, met new girlfriend Nicole Poturalski, 27, at her HUSBAND'S restaurant as it's claimed model is in an 'open marriage'
- ▶ 'The strength, the courage': Oprah Winfrey and Disney boss Bob Iger lead tributes to Chadwick Boseman - while Marvel co-stars express their shock at his death from cancer aged 43
- ▶ OCEANMAN becomes a megastar following Black Panther and Avengers movies while battling colon cancer and in and out of surgery and chemotherapy
- ▶ EXCLUSIVE Bella Hadid and ex-boyfriend The Weeknd are still on 'good terms' as they reunite backstage at MTV VMA rehearsals in New York
- ▶ Prince Harry says he hopes new Netflix documentary about the royals is 'aspirational' for people 'no matter how hard life is' in a video call with co-stars
- ▶ Chrissy Teigen shares sweet snaps of daughter Luna helping her bake cupcakes... as younger brother Miles devours the fruits of their labor
- ▶ Melanie Sykes keeps it casual in a knitted jumper and coated skinny jeans as she arrives at the BBC studios
- ▶ Love Island's Chris Hughes passionately kisses underwear model Mary Bedford as couple enjoy intimate dinner date... four months after his split from Jesy Nelson
- ▶ Chantel Jeffries flaunts her jawline abs in nude sportswear as she heads home after picking up lunch in LA
- ▶ Meghan Markle and Prince Harry will likely spend 'an extended period of time in the UK next summer' to attend unveiling of Princess Diana statue and Trooping the Colour, author claims
- ▶ Lucy Hale models her hourglass figure in a mauve crop top and black gym shorts on a hike after hitting the gym
- ▶ Seal cuts a casual figure as he picks up groceries... after agreeing with ex-wife Heidi Klum to take their four children to Germany
- ▶ Iris Law, 19, leaves little to the imagination in a nude sheer mini dress as she cosies up to model beau Jyrrel Roberts, 21, at fashion event in Capri
- ▶ Denise Van Outen looks incredible in a turquoise satin mini dress as she makes a glamorous exit after performing in Cabaret All Stars show