



Find out more

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Nail Care

Information for patients

Introduction

Caring for your nails properly can help prevent common problems such as, ingrowing toenails. Most people can manage safe and effective nail care if they use the correct technique.

How to care for your nails

Nail files, large emery boards or foot files are worth buying.

Filing your nails regularly means you can keep them at a comfortable length. Not allowing nails to become too long means that they will be easier to manage.

Long handled files, large emery boards or foot files are perfect for thinning down thick nails. Using the length of the file across the tops of your nails, push the file towards your foot. For best results carry this out daily.

If you need to know where to obtain good quality nail care instruments, talk to your podiatrist.



Cutting your nails

- Cut nails straight across, level with the end of the toe. Don't cut too short - you should still be able to see some white 'free nail' after cutting.



- File the nails afterwards to remove any rough edges or sharp corners.
- Do not dig down the sides of the nails.
- If you are using nail nippers it is easier to cut using the point first, cutting a little at a time.
- Ask for advice about whether the thickness of the nail can be improved through medical treatment.
- If you do accidentally cut the skin, wash the wound with tap water and cover with a sterile dressing.

Avoid:

- picking and tearing nails
- wearing shoes that are too narrow or shallow that can cause pressure on the toenails.