

NAIL AND SKIN CARE

Nail Care

Tools:

- Nail clippers or nail scissors
- Nail file



Skin Care Tools:

- Pumice stone or foot file
- Cream



How to look after your toenails:

- Cut nails, leaving some white at the tips. Avoid cutting too short or injuring your skin.
- Cut nails straight across with proper nail clippers or scissors.
- File to smooth edges and round corners slightly.
- Don't dig under your nails. Use a soft brush (e.g. a nailbrush or old toothbrush) to remove debris after your shower or bath.
- Don't let nails get too long. This may cause injury to nearby toes.
- Ask for help. Ask a family member or friend to cut your nails if you are not able to reach or see your feet properly.
- See a foot care nurse or chiropodist for professional help when needed or if you have concerns about how you are cutting your nails.

How to look after the skin on your feet:

- If you have calloused or dry rough skin, you can file your feet regularly to maintain them.
- Gently use a pumice stone or foot file (no cheese grater type files) to file areas of rough or hard skin.
- Use a foot file to file away hard or rough skin or use a pumice stone after a shower or bath. Your skin and stone should both be wet.
- Do not over file. Thin skin can crack and filing too much can cause sores.
- Never cut your callouses with a blade or use a rotary file. You may injure your foot.
- Do not use chemical corn or callous removers. They will burn your skin and may make your corns and callouses worse.
- Apply unscented cream daily to your feet. Apply on the top and bottom of feet, but not between your toes. Cream will also help get rid of callouses and rough skin.
- Dry well between your toes. If you have too much moisture, rubbing alcohol applied with a swab or spray bottle can help to dry them out.