

Bristol Community Health



Patient Information

**interpreters,
translations
and other formats**

To ask for an interpreter or signer:

phone: 0117 919 0275

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- in large print
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www.nhsdirect.nhs.uk

April 2009

Bristol Community Health

Podiatry Department

Taking Care of Your Toenails



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Taking care of your toenails

The podiatrist has given you some advice on nail care. This leaflet will remind you how to look after your toenails.

How should I cut my toenails?



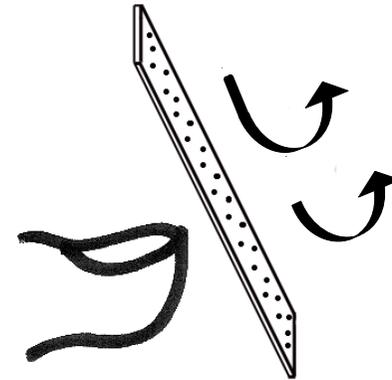
- Cut your nails following the shape of the end of your toe.
- Do not cut your nails too short or into the corners as you may leave a spike of nail which can cause an ingrowing toenail.
- Cut small pieces of nail at a time so that the nail does not crack or split.

I can't cut my toenails - what can I do?

- Try filing them instead.
- If you do not see very well you can file your nails without risk of cutting yourself. Many people find this easier.

How do I file my toenails?

- File away from you as this will shorten the nail and make it thinner.



How often should I file my toenails?

- You need to file your nails at least once a week.

What do I do if I have further problems?

- Contact a podiatrist registered with the Health Professions Council (HPC)
Park House
184 Kennington Park Road
London
SE11 4BU
Telephone: 020 - 7582 0866
Website: www.hpc-uk.org

Where can I buy a pair of clippers or a file?



- Nail Clippers and Diamond D&B Files can be obtained from Bailey Instruments.

Contact: Bailey Instruments Ltd
527 Wilbraham Road
Cholton Cum Hardy
Manchester
M21 0UF

Tel: 0161 8605849

Website: www.baileyinstruments.co.uk

Email: sales@bailey.u-net-com