

Background

One of the common problems that people present with is difficulty reaching their feet to cut their nails.

This brochure is designed to give people easy to use tips on how to care for their nails.

A podiatrist is not necessary for basic nail care in low risk individuals. Basic low risk nail care is not a health problem but an activity of daily living. If you consider how many nails people cut in their lifetime the average person is more than qualified to cut basic nails.



CBCHS podiatry is funded for 3.4 full-time podiatrists. The general work that podiatry does includes diabetes assessments, biomechanical assessments (orthoses), corn/callus debridement, wound clinic and nail pathologies amongst others.

Due to demand on our limited resources CBCHS podiatry is unable to provide ongoing podiatry for basic nail care in low risk individuals. However there are options available.

What we will do here at CBCHS is to assist you in finding out which option will work for you.



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FACT:

Central Bayside Podiatry provides podiatric services to the City of Kingston.

One of the main complaints people have as they get older is that it is hard to reach their feet.

In 2006 there were over 15,000 people in the City of Kingston aged over 70.

If each were seen just 4 times per year we would need 29 full-time podiatrists.

Safe and easy care for your feet

CBCHS Podiatry

Nail Care

Care
for
Basic Nails



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Care Options for Nails



Self care through weekly filing

- Start filing one week after they have been cut
- File nails once per week
- Put foot on chair and file away from yourself

Filing Nails

One of the easiest ways to care for your nails is not to cut them at all! Rather use a long handled file to file on a weekly basis.

Nail filing maintains the nails at their current length so it is best started one week after they have been cut.

Works best if filed on a weekly basis. Choose a day to file your nails every week, i.e. Mondays.

Whilst sitting on a chair put your foot up on another chair.

File away from yourself.

The middle part of the nail will get filed more than the sides resulting in a slight crescent shape.

Cut only one or two nails at a time

Sometimes people are unable to bend down for long periods at a time. In this case it is recommended to cut only one or two nails at a time.



Top Tip

You can use a combination of these approaches.

You may be able to cut your little nails with no problems but can't manage the big nails. In this case just file the big nails and cut the rest!

Friend or relative

If you consider how many nails the average person cuts in their lifetime they are amply qualified to cut basic nails in a low risk individual.

People are sometimes embarrassed to ask friends or relatives for help in caring for their nails however most are pleasantly surprised when they do ask.

Nails only need to be cut approximately every 10 to 12 weeks. This equates to only 4 or 5 times per year.

Beautician or private podiatrist

For basic nails in a low risk individual this option is not necessary however some people are unwilling to either file nails weekly or ask a friend or relative for assistance.

You can either contact a beautician or private podiatrist. Beauticians will generally be cheaper. Often if you phone up a beautician and request a "foot nail cut only" cheaper rates can be provided.

Please Note

If your health status changes or another problem arises please don't hesitate to contact for a review appointment.

Definitions

Basic Nails

Basic nails are nails without pathology. Pathologies would include nails that are prone to ingrowing and infections, excessively thick and also nails that have fungal infections

Low Risk

Low Risk individuals are those without the following conditions: Peripheral Vascular Disease, Peripheral Neuropathy, on dialysis, on anti-coagulant medication such as Warfarin or with a past or current history of ulceration in the feet