

Service User Information Guide for Simple self-care Nail Treatments

Toenail growth is normal and not a medical condition. As such, the cutting of toenails is considered part of normal hygiene or a care function.

Advice for toenail cutting:

- Always cut toenails across so they follow the shape of the end of the toe. Do not cut the nail too short or down the sides
- Cut nail after a bath or shower when they are softer
- Use nail scissors or nippers as shown below
- Make a number of small cuts for each nail; Do not try to cut all of nail in one snip.
- If you have difficulty reaching your nails, filing with a long handled nail file or emery board is a good alternative, this should be done every week to keep them manageable
- Thickened nails can also be filed on the top of the nail at regular intervals with a nail file or emery board. Filing on top of the nail helps keep the thickness down.
- A family member or carer may be able to help you if you are finding it difficult.

Examples of suitable nippers and nail scissors are shown below.



How to trim your toenails correctly