



APPROPRIATE NAIL CARE

There are many 'old wives tales' about how to cut your nails. Some people will cut a 'v' in their nail to prevent Ingrowing nails, some people will cut a long way down into the side of the nail to 'relieve pressure', some people cut 'straight across' to avoid problems. All of these 'recommendations' have their reasons and have worked for some people over the centuries.

As podiatrists, we are trained to cut nails across the 'free edge', and this is what we recommend for our clients. The free edge of the nail is the white part of the nail, differentiated from the nail bed which is usually pink. When cutting nails, because everyone's nails are slightly different in terms of shape and size, we aim to leave approximately 1-2mm of the free edge, this ensures we do not cut too close to the nail bed which can be easily damaged with nail clippers. We also recommend you file the nails after you have clipped them, this will prevent nails catching as they grow longer and also stop them from injuring the skin on the 'toe next door'.



NOTE: There are exceptions to this and if you find you are injuring yourself or your carer is injuring you when cutting your nails, book in with a podiatrist so they can instruct you and/or your carer on the best way of caring for your nails.

ALWAYS make sure you use the right equipment. Chiropody pliers are versatile tools that can make the job of cutting the nail far easier than clippers. They are reasonably cost effective and readily available at most pharmacies. Nail files or emery boards are cost effective, readily available and beneficial for reducing injury risk. If you have any trouble caring for your nails, seek some specialist advice from your podiatrist, they see nails every day so are very good at helping even the most dreadful of nails. Chances are, yours are not as bad as you think!