

A guide to cutting and filing toenails

Before you start,
ask yourself:



Am I sat safely?



1. Nails are generally easier to cut after a bath or shower as they are softer.
2. **Sitting safely.** Put two chairs together opposite one another. Sit against the back of the supporting chair. Put your heel on the chair in front of you. Keep your knee bent so you can reach your foot easier. It may help you reach if you point your knee outwards whilst it is bent. This also applies when applying moisturiser to your feet. Alternatively you may wish to do this sat on your bed with your feet resting on the bed using a towel to protect your bedding.
3. **Use a pair of nail clippers. Do not share these with other people.** Try and cut nails straight across, gently follow the contour of the nail. Do not cut too short or down the sides. Clear debris such as soap, cream, sock fluff from the sides of the nails using a soft toothbrush. Gently file any rough or sharp edges.
4. **If may be safer for you to file your nails.** This will need doing once a week to keep them at a short comfortable length. You can also reduce the thickness of nails by filing across the entire surface of the nail.
5. **Use a clean long nail file.** File away from yourself across the front edge of the nail. Only use enough pressure to gradually reduce the nail.
6. **You can also use a file or pumice stone to reduce hard skin.** Only use enough pressure to gradually reduce it. Avoid causing abrasions to the skin.
7. If you do cause a bleed firmly apply pressure to the area with some gauze or similar product for a couple of minutes. Checked the bleeding has stopped. Apply a dry dressing.