

Nail Care

Nail care involves keeping the fingernails and toenails clean and trimmed.

To Care for the Nails:

- Soak the hands or feet in warm water to soften and loosen trapped debris.
- Clean under the nails with an instrument designed for this purpose.
- Push cuticles (the thin edge of skin at the base of the nail) downward, toward the skin, with a soft towel.
- Use a file, emery board, or clippers to trim long nails.
- Cut toenails straight across to avoid sharp points, which may injure the adjacent skin.

Fungal Infections

If your loved one has any form of fungal infection under the nail (yellowing nail, nail is separating, very thick nail):

- Do not cut other nails after you cut the infected nail. Cut all other nails first and save the infected one until last.
- After cutting the nail, wash your clippers in warm, soapy water. Set aside to air dry for at least 20 minutes.
- Wash your hand thoroughly with warm soapy water.
- There are several prescription and non-prescription treatments available to get rid of fungus. Contact your doctor or pharmacist for suggested treatment.

If you have specific questions about your loved one's nail care, please contact his/her doctor's office.