

Nail Care

Equipment

- Towel
- Nail clippers
- Nail brush
- Emory board
- Non-sterile gloves- can be provided

Caring for Nails

A normal healthy nail is transparent, smooth, and convex with pink nail beds and translucent white tips. However, for people with dark skin, a brown or black pigmentation is normally present between the nail and nail base.

Tips on Caring for Nails

- ▶ Nails should be trimmed weekly.
- ▶ Use a sharp manicure scissors or clippers and an emery board to smooth nail edges. Your loved one should have their own nail care equipment to avoid cross contamination between them and other residents.
- ▶ Scrub under the nail as this is a common area for bacteria to collect.
- ▶ Dry hands and feet thoroughly after bathing to prevent fungal infections.
- ▶ Do not round toenail at the corner by following the shape of the toe. Always cut straight across. Nails, which are too short and have rounded edges, can encourage ingrown toenails.
- ▶ Ensure hands and feet have lotion applied at least daily.
- ▶ Nails are softer and easier to trim after a bath.
- ▶ The nurse will provide care to those with any issues.