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Fingernail & Footcare

- ❖ Dry feet and hands after soaking in warm soapy water for a time desired by the client. A soft brush and orangewood stick may be used to gently clean under nails.
- ❖ Inspect hands and feet after pat drying between toes and fingers.
- ❖ Creams can be used to soften the cuticles which can be gently pushed back with a towel or orangewood stick.
- ❖ Use nail clippers to cut nails straight across (there are various styles of clippers available in stores.) Be careful not to injure the corners of the toes and fingers when cutting the nails. Shape and smooth fingernails with a nail file as needed.
- ❖ Some clients will require the services of a podiatrist for foot care with poor circulation, diabetes or deformed nails. **Check with the QP and RP before trimming nails of a diabetic client.**
- ❖ **Note: Part of good foot care includes being sure that the clients shoes fit well and are securely fastened so that they offer optimum support while ambulating.**