

## General nail care patient handout

### What is general nail care?

General nail care involves the assessment, treatment, and maintenance of toenails to keep them healthy, comfortable and free from complications. It also includes management of corns, calluses, and general foot health.

### What does a podiatrist do?

A podiatrist is a trained healthcare professional who specialises in the assessment and treatment of the feet and lower limbs.

For nail care, a podiatrist may:

- Safely trim and shape nails
- Treat thickened, fungal or damaged nails
- Manage ingrown toenails
- Reduce hard skin, calluses or corns
- Assess for infection or underlying conditions
- Provide advice on foot hygiene and nail care at home

They also check for any signs of broader health concerns that may affect your feet.

### How is nail care performed?

- Nails are trimmed using sterile instruments
- Thickened nails may be reduced
- Surrounding skin is cleaned, and if needed, treated
- Advice is provided for ongoing care

The appointment typically lasts 15-30 minutes, depending on your needs

### Who should make a podiatry appointment for nail care?

If you have:

- Difficulty cutting your own nails
- Thickened or hard to manage nails
- Ingrown toenails
- Fungal or damaged nails
- Corns or calluses
- Reduced mobility
- The need for regular routine foot maintenance

### How often should I have regular nail care?

This varies depending on the individual, but commonly:

- Every 6-10 weeks for routine maintenance
- More frequently if there are ongoing issues

### Benefits

- Reduces pain and discomfort

- Prevents ingrown toenails and infection
- Improves nail appearance
- Supports overall foot health
- Early detection of potential problems

### **What else can a podiatrist help with?**

- Foot pain (heel pain, arch pain, forefoot pain)
- Plantar warts
- Ingrown toenail surgery
- Sports injuries (affecting the foot and ankle)
- Biomechanical issues (how you walk and move)
- Footwear advice
- Orthotics

### **For at-risk patients**

Podiatrists also play an important role in managing foot health for people with

- Diabetes
- Arthritis
- Circulation issues

Regular podiatry care can help prevent serious complications and keep you moving comfortably.