

## Fingernail Care

- Follow infection control procedures
- Wear appropriate protective equipment
- Put a bowl of warm water on the table, bed-table etc.
- Soak the person's hands in the water for a few minutes to soften the nails and the area around the nails
- Rinse one hand whilst leaving the other in the bowl - make sure the water stays warm
- Dry the hand removed from the water
- Clean under the nails with an appropriate wood stick
- Do the same with the other hand
- Check - are their hands and skin healthy?
- Using an appropriate nail clipper, trim the client's nails
- Use an emery board/nail file to smooth any rough edges, shaping the nail appropriately
- Massage hand cream into their hands from the fingertips up towards the wrist

