

Toenail Care

- Follow infection control procedures
- Wear appropriate protective equipment

- Sit the client in a chair
- Put a bowl of warm water on the floor with a towel underneath the bowl
- (If doing this in bed, they can put their feet, one at a time, into a bowl placed on their bed)
- Place their feet in the warm water
- Soak their feet in the water for a few minutes to soften the nails and the area around the nails
- Rinse one foot whilst leaving the other in the bowl - make sure the water stays warm
- Dry the foot removed from the water
- Clean under the nails with an appropriate wood stick
- Do the same with the other foot
- Check - are their feet healthy?
- Massage foot lotion into their feet from the toenails up towards the ankle

- Notify the most senior person on duty if their toenails need trimming in order that can be arranged

