

## PATIENT INFORMATION

# Nail Filing

### Nail Filing

This leaflet is intended to provide simple practical information about how you can look after your toenails.

#### How do I use a foot file?

Sit in a chair with arms and place your foot at a comfortable distance in front of you on a footstool / other chair. It is easier to reach your feet with the file if your knee is bent at 90°.

Make sure there is a paper or cotton towel under your foot.

Use a long handled file so that it makes your arm longer and easier to reach your feet.

Lean forwards gently without excessively bending your neck and spine. Place one foot at a time on the footstool and file each of the nails in a forward direction over the end of the nail.

If the file has a coarse and a smooth side, start with the coarse side and finish off with the smooth.

Use a tissue or a towel to gently wipe any debris from between the toes.

Filing twice weekly is recommended.

Time needed is approximately 2 - 4 minutes for each foot.

People vary in flexibility. You may find that you need a partner/friend to file your nails for you.

Please contact Podiatry Appointment Office 01803 217712 if you:

- require further information
- require this leaflet in a different format

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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