

## For further information please contact:

The Department of Podiatric Medicine  
Clevedon Community Hospital  
Old Street  
Clevedon  
North Somerset  
BS21 6BS

### For Weston, Winscombe, Worle & Yatton Clinics

Telephone: [01275 547 085](tel:01275547085) or

### For Clevedon, Nailsea & Portishead Clinics

Telephone: [01275 342 285](tel:01275342285)



## Complaints / PALS Information

Whether you want to complain, enquire or simply talk to someone about your concerns, we are here to help and support you.

### North Somerset Community Partnership Patient Advice & Liaison Service (PALS) Office can be contacted at:

Patient Advice & Liaison Service (PALS)  
North Somerset Community Partnership  
Castlewood POX Box 237  
Tickenham Road  
Clevedon  
North Somerset  
BS21 9AX

**Freephone: [0800 389 5260](tel:08003895260)**

**Email: [nscp.pals@nsomersetcp-cic.nhs.uk](mailto:nscp.pals@nsomersetcp-cic.nhs.uk)**

If you require this leaflet in large print, braille, audio format or in another language please contact the Patient Advice and Liaison Service. (PALS) Please contact us on the freephone number or email address above. We are pleased to offer a telephone interpreting service. For further details on how to access this service, please contact PALS using the details above.

Patient information leaflets are available for all services provided by North Somerset Community Partnership. Please ask your health care professional. North Somerset Community Partnership is committed to Equality and Diversity for both staff and those who use our services.



Updated Mar 2014



Taking Care of your Feet

## A guide to Nail Care

Department of Podiatric Medicine



## Nail care

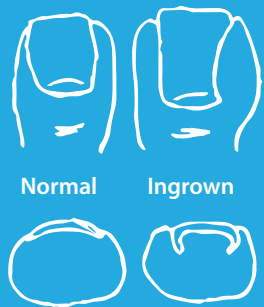
If you have thickened toenails, a good quality file is essential. Your Podiatrist will be able to advise you on which sort of file would be suitable for your nails and where these can be purchased.

If you are caring for someone else's nails, then make sure that you are sitting comfortably and not stooping over. You may find it easier to sit on a lower chair and have the person's foot on your lap. Make sure that you are comfortable so that you do not put any undue stress on your back.

## Ingrowing Toenails

Nails should never be cut down the sides as this can often lead to hidden nail spikes. As the nail grows forward these spikes grow into the skin and the toe becomes swollen and painful. The toe may also become infected. Ingrowing toenails may also be caused by rough nail edges.

If this should occur it is important to seek help from a Health Care Professions Council (HCPC) Registered Chiropodist/ Podiatrist as soon as possible.



## Involuting Nails

Involuting nails are ones that are excessively curved so that the edges of the nails press into the flesh of the toe. These types of nails can be painful and may cause the toe to become inflamed. Hard skin and corns may also develop down the sides of the nail.

Do not cut down the sides to relieve the pain, as this may cause further problems. Advice should be sought from a Health Care Professions Council (HCPC) Registered Chiropodist/Podiatrist as soon as possible.

## Thickened Nails

When a nail is damaged it becomes thicker. Damage may occur by trauma such as dropping a heavy object on your foot, wearing shoes that are too short or by playing sports such as football.

A good circulation is needed to keep the nails healthy. As you get older your circulation deteriorates and your nails may become thickened.

## Fungal Nail Infections

This condition is usually painless, although some patients experience slight discomfort. It causes the nail to thicken, become brittle and change colour. The infection is often caused by the same fungus that causes Athletes Foot.

It may be caught by coming into contact with infected materials, such as another person's shoes or towel, or by wearing the same pair of shoes or socks for long periods of time. Treatments for this condition are available from your GP or local Pharmacist.

If your nails become unmanageable, please seek the advice and help of a Healthcare Professional or a HCPC Registered Chiropodist/Podiatrist.

