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# ATLANTIC foot & ankle specialists

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## FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every month this newsletter will provide you with information and resources that are beneficial to your foot and ankle needs. Please feel free to forward this newsletter to anyone you think will benefit from its content. Your feedback and editorial contributions are always welcome. Please send them to [brendan@atlanticfeet.com](mailto:brendan@atlanticfeet.com)

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## THE BEST WAY TO TRIM YOUR TOENAILS

Cutting your toenails correctly on a regular basis can prevent them from growing long, becoming ingrown or infected, or causing any discomfort as you walk and move about. If you learn how to cut your toenails the right way, you can protect your precious tootsies from any discomfort. Don't worry, we'll show you how!

### Step 1

Before anything else, you need to wash your feet and dry them thoroughly. Soaking and cleansing your feet will make your nails less brittle, so they're safer and easier to trim. This also helps avoid splitting your nails.

### Step 2

Use the appropriate tool for cutting your nails, like nail clippers or manicure scissors. Using sharp cutting tools such as razor blades and regular scissors should be avoided as they may slip and injure the skin around the nail. Use larger clippers for larger nails. Make sure to disinfect tools by cleaning them with cotton and isopropyl alcohol.

### Step 3

Cut your nails straight across. Cutting the nails in a curved shape or cutting the sides at an angle can cause the corners to grow toward the skin and become ingrown. If there are jagged edges gently move an emery board in one direction across the top of your nail until smooth.



### Step 4

Short nails look nice and clean, but toenails that are trimmed way too short can also cause ingrown toenails. When toes are confined to shoes, toenails that were cut too short may curl down and grow into the skin. Even worse, it may cause the nails to become infected, and that's really going to hurt! Cut the nails so the edges reach the tip of your toe.

### How Often Do I Need to Trim My Toenails?

Everyone's nails grow at varying speeds, so there's really no specific time frame. Keep an eye on how long your nails are and cut them short before they start rubbing against your shoes and causing any discomfort or pain.

### Ask Your Physician or Podiatrist

If you can't see well or if you have a health condition like diabetes, ask your physician or podiatrist to help you trim your nails and to teach you the proper way to care for your feet. Nice, clean, and neatly trimmed toenails mean comfortable, healthy feet. Your feet do a lot of hard work every single day, so you need to give them the care they deserve.

## DO YOUR CHILD'S SHOES "MAKE THE GRADE?"

TAKE THE 1 • 2 • 3 TEST

1

### LOOK FOR A STIFF HEEL

Press on both sides of the heel counter. It shouldn't collapse.



2

### CHECK TOE FLEXIBILITY

The shoe should bend with your child's toes. It shouldn't be too stiff or bend too much in the toe box.



3

### SELECT A SHOE WITH A RIGID MIDDLE

Does your shoe twist? Your shoe should never twist in the middle.



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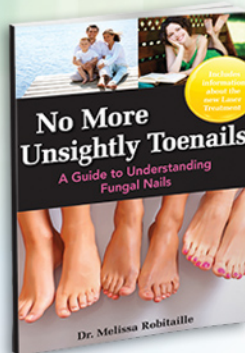
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