

# HOW TO LOOK AFTER YOUR TOENAILS



## CHECK

Check your toenails every day for changes in colour, thickness or for pain.



## TAKE CARE

Don't poke, push, or cut the skin around your nails as this may lead to infection.



## MOISTURISE

Moisturise your toenails every day to stop them becoming dry, brittle or thickened. It makes them easier to cut!

**To help keep your toenails healthy, remember to:**



## MONITOR

Keep your blood glucose levels in your target range. Higher levels may increase your risk of infection.



## STAY ACTIVE

Stay active as this helps your circulation. Remember to always wear protective footwear when exercising.



## SEEK HELP

Talk to your doctor, practice nurse or podiatrist if you find any changes to your toenails.

**Caring for your toenails is an important part of keeping your feet healthy.**  
**Always seek help from your doctor, practice nurse or podiatrist if there is a problem.**

**For more information about diabetes-related foot health go to [www.footforward.org.au](http://www.footforward.org.au)**

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## Trimming your toenails:



Trim your toenails regularly, follow the shape of the nail and do not cut down the sides.



To trim your nails, use nail scissors or clippers.



Make small cuts, a little at a time.



File the nails to remove any sharp edges.

**If you can't reach your feet or your nails are too thick to cut yourself, your podiatrist can do it for you. You may need a regular 6 to 12-week review.**

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