

Blister Prevention presents...

ALL ABOUT TOENAIL CARE



TOENAILS ARE MADE FROM KERATIN

Take a look at your toenails. Most of the nail looks pink. It gets this colour from the blood supply of the nail bed which it's adhered to. The end of the nail is white because it's not attached to the nail bed. We call this the free edge. This is the part you cut off when you trim your nails.



THE NAIL IS GENERATED FROM CELLS UNDER THE SKIN CALLED THE MATRIX

The nail matrix lays close to the toe bone. The degree to which these cells wrap around the bone, determines the curvature with which the nail grows. If you damage your toe where the matrix lays, the injury may rearrange these cells such that they wrap around the bone more. This will cause your nail to forever more grow with a more curved shape. This will be a permanent change.



I'M SURE YOU'VE BEEN TOLD TO CUT YOUR NAILS STRAIGHT ACROSS

But that's silly and very much a generalisation. If you do, you'll have sharp corners that will dig into adjacent toes. Cut toenails much like you cut your fingernails - trim to the shape with which it attaches to the nail bed, leaving a small free edge - about 1mm. Then run a nail file over the end of the nail in a downwards direction, leaving a nice smooth edge.



IF YOU HAVE VERY CURVED NAILS...

You may need to get into the corners a little (or a lot). This isn't without it's problems - access is tricky and your ability to see what you're doing is more difficult. After you've cut your nails, drag a nail file up the side of the nail to ensure you've left a nice smooth edge and rounded corner. If not, these sharp bits will dig in to the skin as the nail grows in length, causing an ingrown toenail.



IF YOU GET INGROWN TOENAILS AND STRUGGLE TO DEAL WITH THEM YOURSELF...

You'll need to see a podiatrist. We can get to these areas easier than you can and have the right tools for the job. But trimming the corners of the nail doesn't change the shape with which the nail grows back - it will only provide temporary relief. For permanent narrowing of your nail, nail surgery will fix the problem for good.



THICK NAILS ARE USUALLY MORE YELLOW IN COLOUR AND MORE DIFFICULT TO TRIM

Do your best to file the top of the nail to keep its thickness down. If you feel like you're fighting a losing battle, see a podiatrist. We have a "drill" which can quickly and painlessly reduce the thickness of the nail and leave a nice smooth edge. Unfortunately, the nail matrix will continue to produce a thick nail.

Please consider this as general advice only. If in any doubt, consult with a medical professional for advice tailored to your specific requirements.

Visit bit.ly/fixblisters

continued...



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FUNGAL NAILS ARE OFTEN DISCOLOURED, THICKENED AND LIFTED FROM THE NAIL BED

If your fungal nail is elevated, the nail bed, which is usually exquisitely tender, becomes just like normal skin in that it's not painful to touch. So cutting the loose nail back is a perfectly fine thing to do, and sometimes preferable. A fungal infection is very difficult to get rid of. Thankfully, it's usually not painful in itself.



EVER HAD A BLACK NAIL?

Trauma leads to bleeding under the nail. The blood dries and stains the underside of the nail. As the nail grows in length, the black discolouration moves forward and is finally removed when you trim that area of nail. It can take 3-6 months for a nail to grow its full length. If you have a dark discolouration that doesn't move as the nail grows, see your podiatrist or doctor to rule out melanoma.



WHEN YOUR SHOE PUSHES ON THE END OF YOUR TOENAIL

The nail moves backwards ever-so-slightly, as does the skin of the nail bed which it is adhered to. If the skin stretches too much in this way, a tiny tear occurs under the skin surface, and within 2 hours you'll have a blister under your toenail. Toenail blisters are more likely when your foot slides forward in your shoe or if your nail is too long. So lace firmly and keep your nails short.



IF LOTS OF BLISTER FLUID OR BLOOD BUILDS UP UNDER YOUR NAIL...

It will be very painful! You'll get immediate relief if you can release the pressure. You have two choices. If the blister extends past the nail, lance that skin and the fluid will drain. If not, you'll need to rotate a hypodermic needle on the nail to drill a hole through it. This sounds more painful than it is in real life - it's actually quite painless and provides immediate relief.



IF YOU NEED HELP WITH, OR ADVICE ABOUT YOUR NAILS...

See a podiatrist. If you just need someone to simply trim your toenails, you could see a pedicurist - just make sure they sterilise their instruments after each use. You don't want to catch the last person's germs and the next person doesn't want to catch yours!

GOT BLISTER TROUBLE?

FIX YOUR FOOT BLISTERS ...FAST!

It's the right blister advice. INSTANTLY. When you need it.

Simply select your blister location and follow the step-by-step instructions to take the pain out of your blisters, heal them fast and stop them from coming back again

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