ULTRA FOOT CARE

FOOT HEALTH / PATIENT RESOURCE 03

Nails, corns and calluses

Reduce pressure. Avoid injury. Know when to ask for help.

1 Trim nails safely

- If your clinician says self-care is safe, trim nails straight across and gently file sharp edges. Do not cut very short or dig down the sides.
- Ask for professional help with thick, painful or difficult-to-reach nails. Do not cut cuticles or dig into an ingrown nail.

2 Ease rubbing and pressure

- Corns and calluses are thickened skin caused by repeated pressure or rubbing. Choose shoes with enough toe room and no pinching.
- Do not shave or cut hard skin with a blade. Ask a foot-care professional about safe treatment, footwear and suitable padding.

3 Take extra care

- If you have diabetes, poor circulation or numbness, get advice before treating corns or calluses or trimming your own nails.
- Avoid medicated corn or wart removers if you have diabetes. A painful ingrown nail or a sore beneath hard skin needs assessment, not home cutting.

Signs of infection need prompt assessment

Contact a clinician now for increasing pain, redness, warmth, swelling, pus, red streaks or fever. Seek urgent care for spreading infection or feeling very unwell. Do not wait for your next routine foot-care visit.

Questions or appointments: 587-882-8175 | Edmonton, Alberta

Ultraworldglobal@gmail.com

Health advice in Alberta: 811 (24/7). Medical emergency: 911.

Sources & further reading (click): MyHealth Alberta: Ingrown toenails; MyHealth Alberta: Calluses and corns; MyHealth Alberta: Foot and toenail care; Diabetes Canada: Foot care

General education; follow your individual care plan. Not a diagnosis or emergency service.

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