ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Nail Care

Keeping nails clean and trimmed is important to prevent injury and maintain hygiene.

Supplies Needed:

- Nail clippers
- Nail file
- Basin of warm water
- Soap
- Towel
- Hand lotion (optional)

Steps for Nail Care:

1. **Soak the Hands and Feet:**
    a. Fill a basin with warm, soapy water. Soak the patient's hands for a few minutes to soften the nails and cuticles.
2. **Clean the Nails:**
    a. Use a soft brush or washcloth to gently clean under and around the nails. Rinse and dry the hands.
3. **Trim and File the Nails:**
    a. Use nail clippers to trim the nails straight across. Avoid cutting too close to the skin to prevent cuts and infections.
    b. Use a nail file to smooth any rough edges and shape the nails.
4. **Apply Lotion:**
    a. If the patient's skin is dry, apply a small amount of lotion to the hands to keep the skin soft.

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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