



Nail Clipping and Applying Lotion [audio transcript]

To trim the nails you need the following equipment: a nail nipper, emery boards, safety glasses and gloves, good lighting, a comfortable place for the patient to sit and elevate their feet.

(Applying gloves)

Take the toe, stabilizing it with one hand and with the other hand, take the nail nipper.

Cover the nipper with your finger to keep the fragments from flying into your eyes.

(Clipping noises)

Small, little nips following the curve of the toe.

(Clipping noises)

Next you take the emery board and file off any sharp edges. Careful not to tear any skin.

In this segment, we are going to demonstrate applying lubricant lotion to the feet: Little bit of moisturizing lotion and apply it to the dorsum and the balls of the feet—rubbing it in.

(Applying the lotion to feet)

And wipe off any extra.