CHECKLIST

Nail Care Checklist

By how often. Steps from American Academy of Dermatology guidance.

Every trim

- [ ] Trim right after a shower (or soak in lukewarm water first).
- [ ] Clean clippers or scissors.
- [ ] Fingernails: cut almost straight across, slightly round the corners.
- [ ] Toenails: cut straight across.
- [ ] File in one direction, not back and forth.
- [ ] Leave the cuticles alone.
- [ ] Moisturize when done.

Every day

- [ ] Keep nails clean and dry.
- [ ] Gloves for dishes and cleaning.
- [ ] Moisturize after washing hands.
- [ ] No biting. No using nails as tools.
- [ ] Flip-flops at pools and public showers.
- [ ] Well-fitting shoes; rotate pairs.

Once a month

- [ ] Scrub clippers and scissors with a small brush and 70 to 90% isopropyl alcohol.
- [ ] Rinse in hot water.
- [ ] Dry completely before storing.

If toenails are thick and hard to cut

- [ ] Soak feet in warm salt water (1 tsp salt per pint) for 5 to 10 minutes first.

My notes

STOP AND BOOK A DERMATOLOGIST IF YOU SEE:
a change in the colour, texture or shape of a nail; a nail that swells or causes pain; an ingrown toenail (do not dig it out, especially if infected and sore). If you have diabetes or poor circulation, it is especially important to seek treatment for any nail problems. This page is care steps from AAD guidance, not medical advice.

TRACKER

12-Week Nail Log

Record your own pattern. Tick what you did that week.

Wk	Date	Fingers trimmed	Toes trimmed	Tools cleaned	Moisturized	Notes
1		○	○	○	○	
2		○	○	○	○	
3		○	○	○	○	
4		○	○	○	○	
5		○	○	○	○	
6		○	○	○	○	
7		○	○	○	○	
8		○	○	○	○	
9		○	○	○	○	
10		○	○	○	○	
11		○	○	○	○	
12		○	○	○	○	

Tool cleaning is monthly, so tick it about once every four weeks.