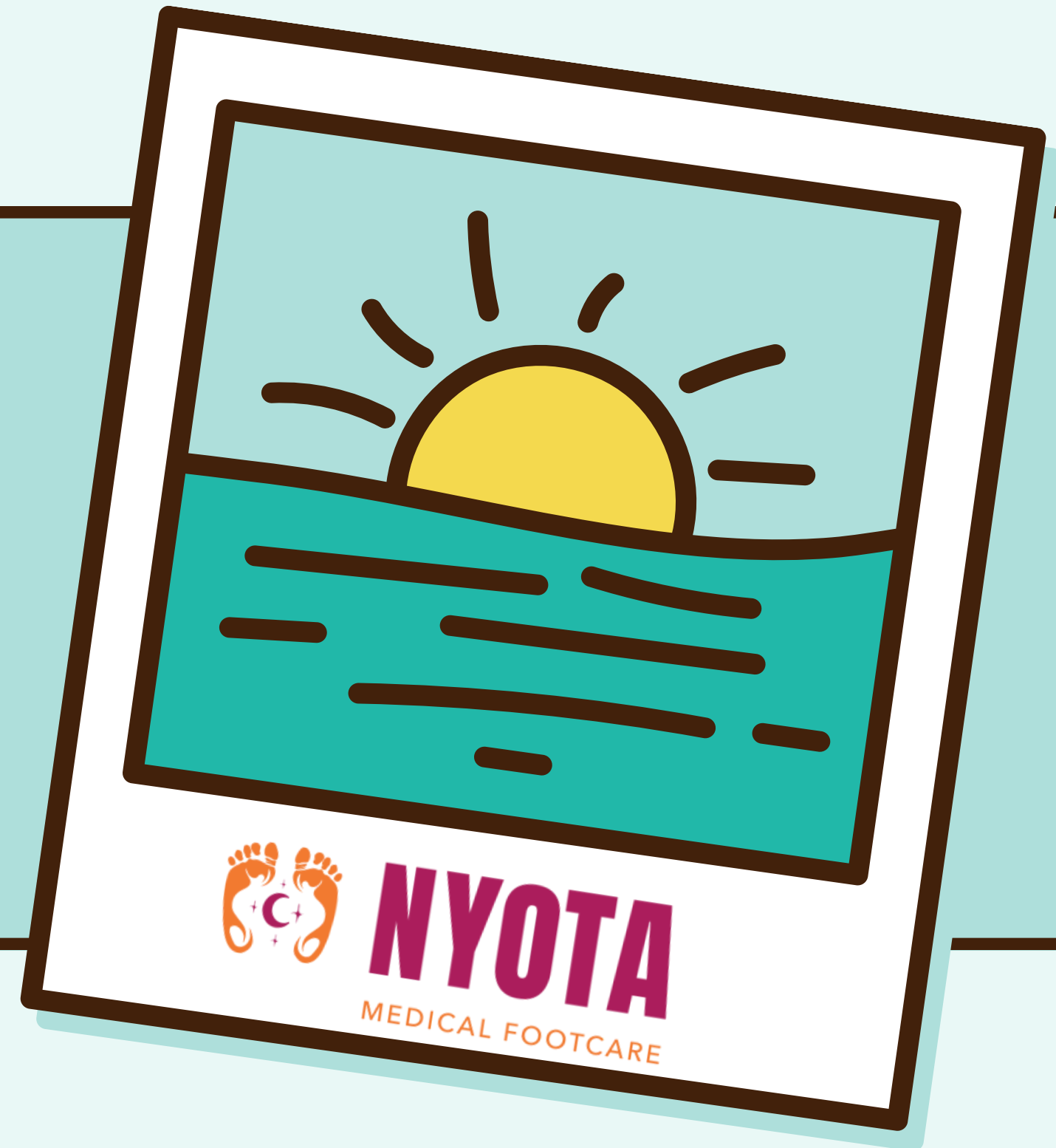


Toe-Tally Fabulous  
**Guide to Summer  
Toenail Care**

Nadege Tan



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# AGENDA

- General Foot Information
- Daily Care Tips
- Picking Proper Footwear
- Closing Remarks



# Who is this lady?

## Introduction

Podiatry Nurse Practitioner who focuses on foot health and wellness

8+ years providing podiatry care

13+ years as an adult nurse practitioner



**Nadege Tan, MSN, CFCS, ANP-C**



# COMMON TOENAIL/FOOT ISSUES IN THE SUMMER

## FUNGAL TOENAILS

Nails may appear yellow, white, thickened, brittle, green or black.

## INGROWN TOENAILS

Cutting toenails too short, trauma, tight footwear, genetics

## DRY CRACKED HEELS

Lack of moisture, open back shoes, skin condition like eczema, Sjogren's disease

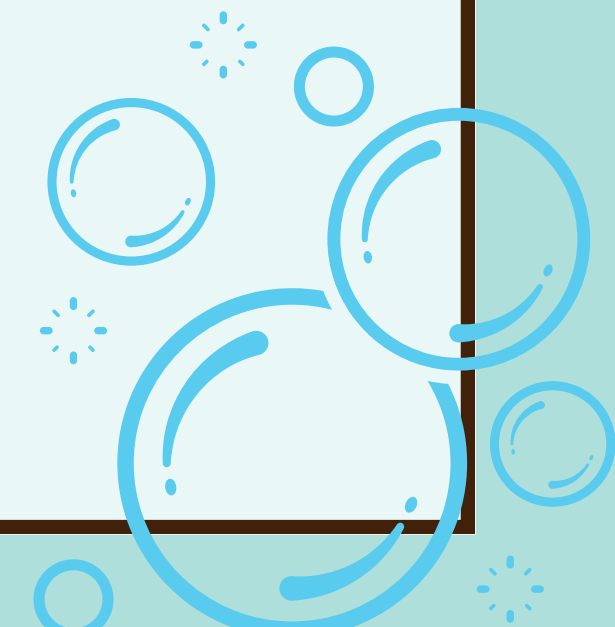
## DRY SKIN

Use of harsh soaps, low humidity, age, medical conditions, smoking and alcohol consumption



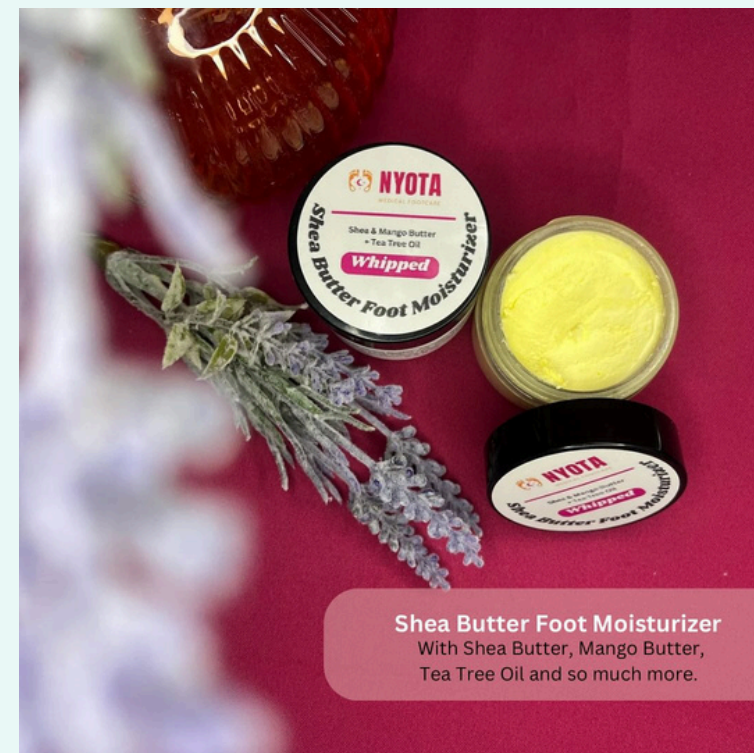
# DAILY CARE ROUTINE

## Tip 1: Give Your Toes a Spa Day



# DAILY CARE ROUTINE

Tip 2: Dry off like a pro & Moisturize for softness



# DAILY CARE ROUTINE

Tip 3: Nail it with trimming straight across



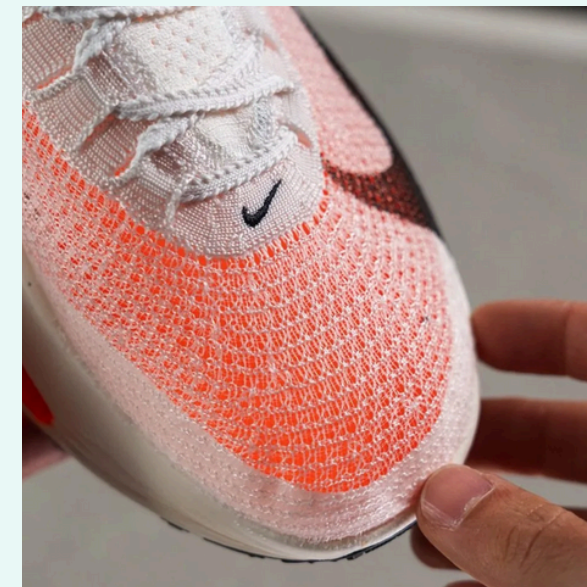
# DAILY CARE ROUTINE

Tip 4: Check for problems



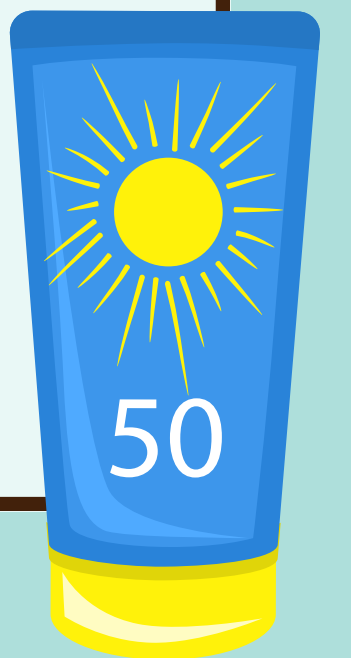
# DAILY CARE ROUTINE

Tip 5: Step out in Style & Sock It to 'Em



# DAILY CARE ROUTINE

Tip 6: Sun Protection squad & Stay hydrated



# DAILY CARE ROUTINE

Tip 7: Check-in with the Pros:





# PICKING PROPER FOOTWEAR

## Breathe Easy w/Breathable Shoes

Opt For sandals and shoes that will let your feet breath during the hot, and humid summer days.  
Your feet will thank you!

## Ditch the Tight-Fitting Shoes

- Results in Uncomfortable footwear
- Can lead to nail damage and blisters
- Prevents air flow

## Moisture Wicking Socks

Helps to draw sweat away from the skin, to reduce the risk of blister, fungal infections, and odor control.

Exm: Merino Wool, Bamboo Socks or Synthetic blends (polyester nylon or spandex)



# PROTECTING YOUR TOENAILS

## The Don't's

Excessively long toenails  
Applying lotion in between toes  
Cutting cuticles  
Foot baths that have bubble jets

## Consider This

Dry Pedicures  
Foot Soaks with no bubble Jet device  
Carry your own nail polish  
Implementing Nail Polish Holidays

## The Do's

- Use Sunscreen on your feet
- Wear Flip-Flops in public places (gyms, pools, locker rooms)
- Moisturize regularly for hydrating the skin
- Trim nails properly
- Opt for shoes and sandals that have Breathable material
- Disinfect footwear regularly

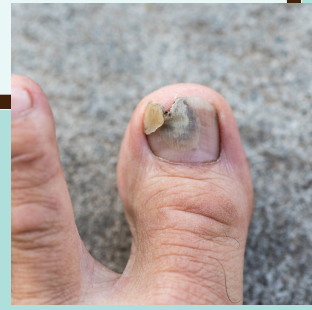
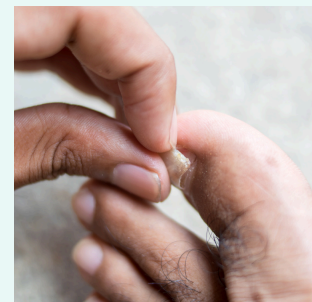
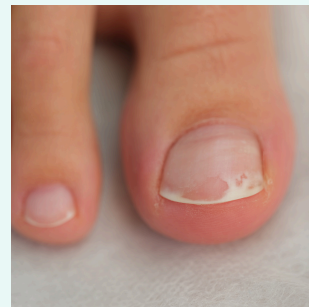


# WHEN TO SEEK PROFESSIONAL HELP

## Seek Help When:

Toe turns red, swollen, drainage.  
When the toenails are changing color.  
Ingrowing toenails are tender or red.  
There is a strong odor to the feet or shoes.

Peeling skin around the toe or foot  
New Toe pain.



## Who Can you Turn To:

Podiatrist  
Podiatry Nurse Practitioners  
Foot Care Nurses (CFCS or CFCN)

## Celebrate When:

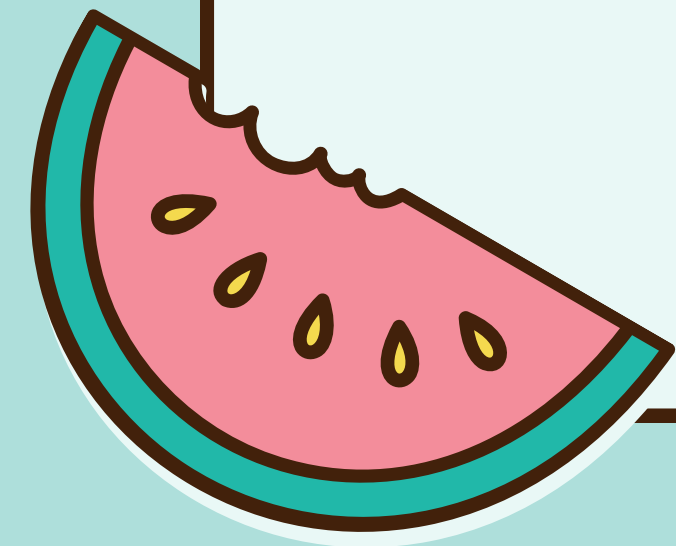
Find a nail salon that has strict hygiene practices.

# THANK YOU

## QUESTIONS AND ANSWERS



Happy Healthy Toes are Possible for the Summer!



Images:

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2. <https://bedrocksandals.com/products/injinji-midweight-mini-crew-wool-socks>

3. <https://www.amazon.com/AmLactin-Moisturizing-Alpha-Hydroxy-Exfoliates-Paraben-Free/dp/B07BRQC5XZ?th=1>

4. <https://www.amazon.com/Dr-Bronners-Pure-Castile-Peppermint-18/dp/B099BJYYGV>

5. [Nyotamedicalfootcare.com/shop](https://www.nyotamedicalfootcare.com/shop)