

Diamon Deb Footdresser

Information for patients

If you are purchasing a Diamon Deb Footdresser from Podiatry we expect that you have been advised on how to use it by a Podiatrist or Podiatry Assistant.

This advice sheet is designed to remind you of some key points.

If you have neuropathy (a loss of feeling) in your feet please check with a Podiatrist before you use a file.

- The file should be used on one person only, to reduce the risk of spreading infection.
- The file should be used to file toenails, thickened skin or callus on the feet.
- Best results are achieved by using the file on dry skin and nails. It is best not to soak feet before using the file.

‘Normal’ toenails

Filing normal toenails every week will maintain their length, so that they do not need cutting with scissors. File nails from the top, down i.e. away from your toes and then across the edge to control nail length.

Thickened toenails

Thickened toenails can be thinned out by filing the thickened surface i.e. over the surface of the nail. Where nails are very thick it will take time to reduce the thickness. Short periods of regular filing should produce noticeable results. It is recommended that thickened nails are filed twice or more each week.

Areas of dry hard skin or callous

On areas of dry hard skin or callous use the file to rub back and forth with moderate pressure. After using the file on skin dust away any debris and apply a moisturising cream to the area.

To prolong the life of the file:

- Scrub the file with a nail brush under running water. This will remove debris which may collect around the crystals on the file.
Dry the file with an absorbent cloth or kitchen roll.
- Place the file in a warm dry place e.g. an airing cupboard to dry thoroughly.

You should not experience any problems as a result of using the file correctly. If you develop any problems or have any concerns please contact a Podiatrist or Podiatry Assistant for advice.

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