

Monthly Newsletter

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Accepting new patients

Contact Your Foot

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Natural Nail Polish Removers

While we offer a "Medi-Pedi" service at our office (delivering some cosmesis to our footcare patients that want or require it), we **are** conscientious about nail polish.

We do not encourage over use of nail polish – rather suggesting polish (and its remover) as an occasional luxury.

Whilst we provide our patients with single use acetone free nail polish remover pads, we see there are other suggested ways people are using to remove their nail polish. Have **you** tried any of them?

We are not overly confident about them!

When it comes to removing a nail polish, acetone and non-acetone nail polish removers

are considered gold-standards and are safe to use in small amounts. In addition, organic versions of nail polish removers do not contain acetone, and may use gentle ingredients such as soy or lavender.

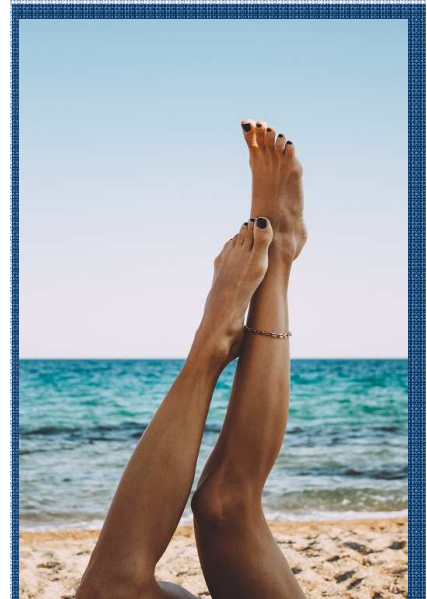
Natural nail polish removers are not backed up by research but are worth trying when chemical nail polish removers are unavailable or contraindicated.

How to remove nail polish using non-acetone nail polish removers

- ☐ Use a cotton ball soaked in the nail polish remover and gently rub it on the nails
- ☐ Avoid soaking nails in nail polish remover as it can damage skin too

Oh No!!

In Nov, we had 19 patients that failed to attend their appointment! Please do let us know if you cannot attend so we can offer your slot to a patient on our waiting list



Natural Nail Polish Removers (Cont'd from previous page)

- After removal, wash hands and moisturize to avoid dehydration and yellowing of nails
- Try to use up the nail polish within a short time period
- Don't apply nail paint too frequently

Acetone nail polish removers

Acetone acts as a solvent and removes nail polish by quickly breaking apart the nail polish and stripping the polish away from the nail plate.

Acetone-based nail polish removers are quick and effective. However, they may cause your nails to dehydrate and turn yellow. They may also exacerbate brittle

nails if they are already damaged.

1) Nail polish as a remover

Applying a new coat of nail polish and quickly wiping it off helps to soften and remove the old polish to some extent.

2) Rubbing with alcohol, spirits and hand sanitizers

Since alcohol is a solvent, you could apply cotton balls dipped in alcohol or another spirit.



3) Soaking with hydrogen peroxide

Mix two parts hydrogen peroxide with one part of hot water. Then, soak your nails in this solution. Finish off by gently massaging the polish off with your hands.

4) Lemon and vinegar

Mix 2-4 tablespoons of vinegar with the juice from one squeezed lemon. Use cotton balls soaked in the solution to remove your nail polish

5) Toothpaste

After applying toothpaste on your nails and gently rubbing them with a toothbrush, you may be able to remove your nail polish.

6) Peeling / filing/ chipping away

If your nail polish is near the end of its life, it can also come off easily by filing it off gently.♦

Martial Arts and Foot Care

Martial arts are art forms that arose out of fighting or self-defense techniques. They require a great deal of discipline, determination and mental fortitude. Examples of martial arts include jujitsu, Muay Thai (or Thai kickboxing), kung fu, and karate.

Martial arts can be a great activity for developing strong feet and ankles. However, because it is a contact sport, injuries can happen anytime.

Common foot-related injuries when performing aerobic kickboxing are:

- Injury from impact with an opponent
- Twisted or sprained ankles
- Overuse injuries such as Achilles tendinitis, plantar fasciitis, and sesamoiditis

In addition, traditional martial arts practitioners may also experience fractures, hematomas, and dislocation of joints and tendons.



The basic treatment methods for such injuries are: rest; icing the injured area; and elevating the extremity. Consult a chiropodist if these treatments do not alleviate the symptoms.

Foot Care Tips While Engaging in Martial Arts

- Practice a lot. Being unaware of the technique and trying to execute it can lead to serious injury.
- If your foot is injured or tender, temporarily use an elastic bandage, until you manage to see your chiropodist.

• If there's a mild strain on your foot and ankle, take a good rest to let it heal completely. Otherwise, the condition could become aggravated longer term.

• Use protective gear. Make sure your gear is fitting, and isn't too old or worn out.

• It is normal to develop calluses on the foot, but take care to monitor them. If they become painful, see your chiropodist at the earliest.

• When taking off your shoes, if your feet are wet, sweaty, smelly, or hot to touch, stop wearing them.

Martial Arts and Foot Care (Cont'd from previous page)

- Maintain good hygiene. Since practice is typically done on the bare floor or mats, the chances of contracting infections are quite high. Make sure to wash your feet thoroughly before and after each session. Plantar warts and Athletes Foot are common with martial artists attending our office!

- Wash your socks after every use, and keep your nails trimmed.

If you experience foot or ankle problems related to martial arts practice, make sure to see a chiropodist as soon as possible! ♦



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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

**Your business slogan
here**

Happy Holidays!

We wanted to take this opportunity to wish all our patients a wonderful holiday season!



Happy Holidays



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