

**Brittle Nails**  
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Brittle nails are those that chip and split easily. This is a very common problem. If there are things in your environment that are causing or worsening brittle nails, then reducing those things will help improve brittle nails.

Some tips for reducing brittle nails are:

1. When needed, cut your nails straight across and very slightly round the edges.
2. Brittle nails are best kept short enough that when you place the tip of your finger on a tabletop the skin of your fingertip touches the table before your nail does.
3. Avoid filing the surface of the nail as this will make nails more likely to split.
4. Limit wet-to-dry cycle exposure of nails by wearing gloves for wet work.
5. Wear cotton-lined vinyl gloves during contact with irritants like water or chemicals.
6. Rehydrate nails by putting a moisturizer on them frequently including after hand washing and at bedtime.
7. If you polish your nails, then change the polish no more than every 1-2 weeks. Both acetone-based and non-acetone nail polish removers dehydrate the nail.
8. Know that wearing and/or removing nail adornments such as acrylics, gels, photocured polish e.g. Shellac may cause/worsen brittle nails.