

Nail Grooming and Cosmetics
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Nails serve to protect the tips of the fingers and to help with fine motor movements and touch. Therefore, it is important to take care of the nail and the skin around it. Tips for caring for your nails include:

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. Long nails increase the stress on the nail and its' attachments making both more likely to break which can cause pain and predispose to infection.
4. Avoid cutting or pushing back your cuticles.
5. If you get nail care at a salon, then take your own instruments and have your manicurist use them for your service. After the service, wash them in hot soapy water.
6. Keep the skin around your nails healthy by moisturizing it, by trimming any hangnails, and by limiting prolonged exposure to wet conditions.
7. Nail products can cause an allergic or irritant reaction. If you experience itching, burning, stinging, or discomfort after a nail treatment, then remove nail products immediately.
8. Fungal infections of the nail are common, have varied appearances, and account for approximately 50% of visits to clinicians for nail concerns. The most common way that fungal infections present is with painless thickening, yellowing, and lifting of the tip of the nail. While fungal infections can be difficult to treat, they respond better when treatment is started early.
9. If you have a nail problem lasting more than 6 weeks, then have it evaluated. Most conditions are easier to treat when diagnosed early.