

Proper Nail Care*

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- Wear light cotton gloves under heavy-duty vinyl gloves for wet work.
- Wear the cotton and vinyl gloves when peeling or squeezing citrus fruits, handling tomatoes, and peeling potatoes or other raw food.
- Avoid direct contact with paints, metal polish, paint thinner, turpentine, other solvents, and polish, and wear the cotton and vinyl gloves when using them.
- Use lukewarm water and very little mild soap when washing hands; be sure to rinse the soap off and dry gently.
- Protect hands from chapping and drying in windy or cold weather by wearing unlined leather gloves.
- Push cuticles back as little as possible and do not use fingernails, a metal file, or orange stick to do this. Cuticle removers are not good for people with paronychia infection and those predisposed to acquiring paronychia infections.
- If necessary, cuticles can be pushed back gently at the end of a shower or bath using a wet washcloth or the end of a finger.
- Avoid nail cosmetics of all kinds while the disorder is healing. Frequent application and removal of nail cosmetics are harmful. Commercial cuticle treatments are often harmful.

* Scher and Daniel. Nails: Therapy, Diagnosis, Surgery. WB Saunders 2nd Edition