Nail Grooming and Cosmetics

Nails protect the tips of the fingers and help with the sensation of fine touch. It is important to take care of the nail and the skin around it. Tips for caring for your nails include:

1. Cuticles should be gently pushed back with a soft towel, after soaking them, or after a bath or shower.

2. Do not allow your manicurist to cut or push back your cuticles.

3. Have your manicurist use your own nail tools. After you are done wash them in soapy water, a dishwasher is okay, or swab them with alcohol.

4. Keep the skin around your nails healthy by moisturizing it, by trimming any hangnails, and by limiting the amount of wet work.

5. Nail products may cause a reaction. If you experience itching, burning, stinging, or soreness after a nail treatment, remove the products immediately.

6. Keep nails short. This is even if you wear artificial nails (acrylics, wraps, gels, or tips). A good length for healthy nails is when you touch the tip of your finger on a tabletop, the skin of your finger touches before your nail does. Long nails increase the stress on the nail bed where the nail attaches to the skin. It can lift off more easily (onycholysis) putting you at a greater risk for infection.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911.

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