



# Basic Nail Care

**Follow these nail care guidelines to help keep your nails strong and healthy.**

To keep your nails healthy and problem-free:

- Keep your nails short. File them every week.
- Moisturize your nails at least 4 times a day and after every time they get wet. You can use Neutrogena Norwegian Formula Hand Cream, Bag Balm, or Carmol-20. Most drugstores carry these, and you do not need a prescription to buy them.
- Do not use artificial nails.
- Do not use nail wraps unless your dermatologist recommends them. Nail wraps are sometimes needed to help keep your nails from splitting.
- Try to avoid using nail polish or hardeners, since nail polish remover is hard on your nails.

If you do wear nail polish:

- Remove it only once every 1 to 2 weeks.
- After removing nail polish, soak your fingertips or toes in tap water for 10 to 15 minutes.
- Then, moisturize them overnight before you put on more nail polish.
- Take biotin supplements, 2.5 to 5 mg a day. Biotin can help increase the strength of your fingernails and toenails.

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Dermatology Center**

Box 354697

4225 Roosevelt Way N.E. 4th Floor

Seattle, WA 98105

206-598-4067

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Dermatology Center: 206-598-5065