

(un)cancer

Nail Care Checklist

Tips to maintain healthy nails during cancer treatment

- Moisturize your nails and cuticles regularly
- Keep your nails clipped short
- Use gloves when doing dishes, cleaning and gardening
- Keep your hands and nails clean to help avoid infection, but avoid bathing in very hot water. Take your own sanitized tools if you go to a salon for a manicure
- If you do your nails at home, sanitize your footbath and tools.
- Do not use false nails, gels or other acrylics during cancer treatment, as they may increase the risk of infection
- It is ok to wear nail polish, but opt for water-based nail polish and polish remover without harsh chemicals such as alcohol
- If your toenails are affected, wear well-fitted shoes to cushion them