

Nail Care

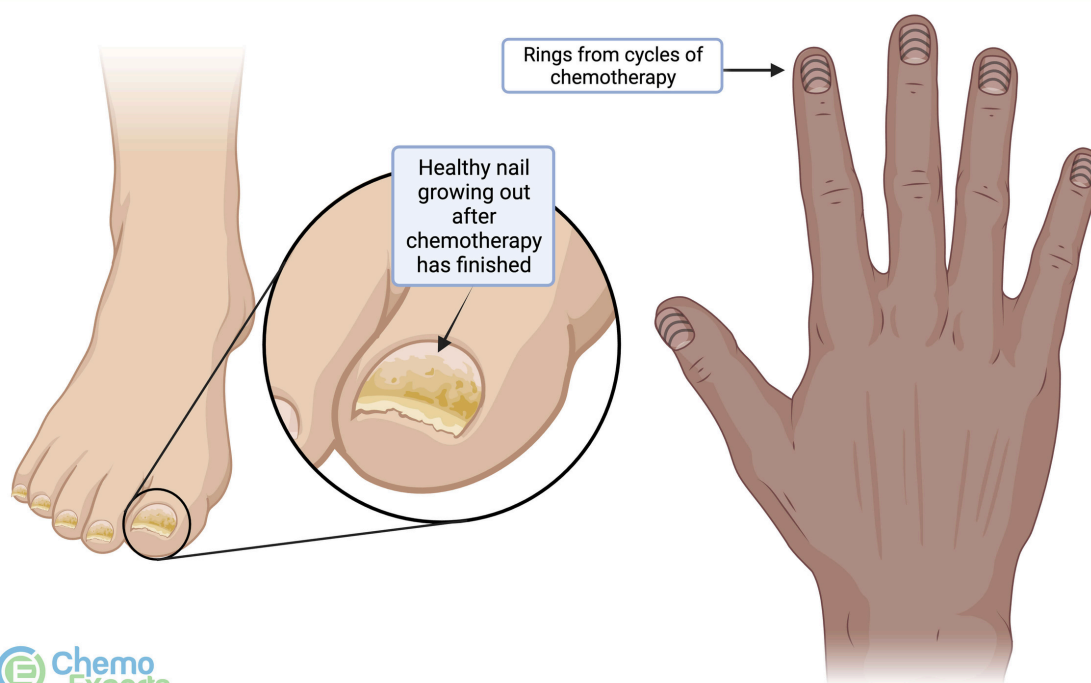
Information for Patients on Cancer Treatment

Some cancer treatment medications affect the normal body processes that keep the skin around your nails healthy. This usually starts a few weeks after you receive those medications.

You might notice:

- Changes in nail colour
- Nail pain
- Lifting of the nailbeds
- Redness or swelling at the nails
- Dark spots or lines forming at your nails

Fingernail and toenail changes in patients with cancer



If your healthcare team has told you about the risks of your medication on your nails, you should:

- Keep your nails clean and at a medium length
- Wear cotton gloves to protect your nails when doing activities that may damage your nails
- Wear cotton socks and comfortable footwear
- Use a gentle, non-scented moisturizer on your nails

Avoid:

- Cutting your cuticles
- Wearing fake nails or nail polish
- Biting your nails
- Having a manicure or pedicure

What can I do if my nails are painful and swollen?

Soak your fingernails and toenails for 10-15 minutes every day using this white vinegar mixture:

After soaking, apply petroleum jelly, or any other ointments your doctor prescribed, on your nails.

- ½ cup of white vinegar
- 5 cups of warm water

Your doctor may also provide you with pain or antibiotic medications to take to manage your symptoms. Depending on your treatment, you may also use ice packs on your nails while you are getting your treatment.