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## A Guide for Healthy Nails

Nutrition, emotional stress, medical problems, medications and the normal aging process can all influence the appearance of your nails. Please follow the steps below to optimize the health of your nails:

### What to stay away from:

- Avoid biting, chewing, picking, tapping or excessive rubbing of nails, as this can result in nail deformities including pitting, ridging and discoloration.
- Acrylic nails and the glue used to adhere them can cause permanent nail damage.
- Avoid super-fast drying nail polishes as the alcohol in these products can dry out nails, making them more prone to breakage.
- Avoid trauma to the nail cuticle with files and/or buffers as this can disrupt normal nail formation.

### Nail maintenance:

- The regular use of polish-on nail hardeners can protect the nails from the environment.
- Use an **acetone-free** nail polish remover as well as a nail polish that is free of **formaldehyde** and **toluene**; both are ingredients that are detrimental to nail growth.
- Nails should be filed in one direction. The use of a “sawing” motion can roughen the nail tip and do more damage than good.
- Provide your own manicure tools to avoid the risk of nail infections when having a professional manicure/pedicure.
- Always wear protective rubber gloves for house-cleaning, dishwashing and other tasks involving strong chemicals or detergents.
- Moisturize your nails regularly. Rub small amounts of petroleum jelly, Aquaphor ointment, or your favorite body moisturizer into the nail and cuticle.
- Maximize your nutrition with a well-rounded diet and a daily multi-vitamin. An additional **biotin** supplement can enhance the strength and texture of your nails by stimulating the proteins in skin, nails and hair.