



Beautiful Nails

Diagnosing and treating nail disorders have always been of great interest to me. Unfortunately, many of the problems we see are related to unsafe nail care practices by patients, or the salons they patronize. Please heed the advice below:

Safe Nail Care Practices

- God put the cuticle there for a reason. Leave it alone! Improper trimming, or pushing it back, frequently leads to covert, or obvious infection in the nail fold, with a rippled nail that looks like your grandmother's washboard.
- Long fingernails increase risk of problems due to trauma.
- Nail salons... infection risks
 - Know your salon. How well are the employees trained? Does the salon appear clean? If not, how about their instruments and the materials they use... are they clean?
 - Instrument sterilization... have them use your own instruments. It is a wise investment.
 - Avoid GRECO BLADES for calluses when you get pedicures, or bring your own.
 - Avoid shaving your legs before pedicures.
 - Avoid "thrones" unless they are Clorox Bleach or Iodine sterilized when you have a pedicure.