



## NAIL CLINIC

The Nail Clinic is a specialised clinic established to manage patients with various conditions relating specifically to the nails. Patients are referred to the Skin Health Institute by other specialists. The clinic is held fortnightly.

Some of the conditions associated with nail problems treated in the Nail Clinic include:

- Psoriasis
- Onychogryphosis
- Onychopapilloma
- Infective nail problems
- Nail problems from medications
- Tumours
- Inherited disorders

Treatments for these conditions vary, however can include medication, iontophoresis and surgery.

## THE CLINIC TEAM

The Nail Clinic consists of four consultants, and a team of dermatology registrars. Nurses will also assist the team.



## DURING THE CONSULTATION

Appointments at the Nail Clinic can be made after the patient has been referred to the Institute. During the consultation, a consultant dermatologist will discuss a number of issues with the patient, including:

- General health & wellbeing
- Medications
- History of the patient's condition

At the consultation, an examination will be performed and nail specimens may be collected.

## NAIL SURGERY

Nail surgery can be performed under local anesthetic. During surgery part or the whole nail may be removed and a specimen of the nail bed may be taken and sent to pathology for analysis.

This treatment can impact your daily lifestyle for 1-3 weeks, while healing takes place. Nail surgery is discussed during your initial consultation.

## FOLLOW UP APPOINTMENT

Patients may be asked to come back to the Institute for a review. If specimens are collected at the initial consultation, the consultant will discuss any pathology results and further treatment planning if required.

## TIPS FOR LOOKING AFTER YOUR NAILS

Nails are important for protection of the fingers and toes, fine touch, picking up objects and appearance.

You should look after them as you do the skin on your hands.

Avoid harsh soaps and detergents or soaking for a long time. Use a nail and cuticle moisturiser, especially if your nails are ridged or brittle.

Avoid damaging the cuticle, which is very important for protecting the delicate nail matrix underneath. Don't cut or remove the cuticle, just gently moisturise it.

It is a common myth that vitamin or mineral deficiencies cause nail problems. Iron deficiency can make nails curve upwards but this is rare. Biotin orally, 2.5mg/day has been shown to help brittle nails, but otherwise a normal healthy diet will ensure your body has adequate nutrition.

Some general medical conditions can lead to nail problems, especially thyroid problems and Raynaud's disease where the hands and feet get very cold.

Psoriasis is the most common skin disease causing nail problems. Eczema and lichen planus can affect nails too. If you suffer any of these conditions it is recommended you check your nails regularly, or visit a dermatologist if you have any concerns.

## OTHER INFORMATION

On the day of your appointment, please ensure that you bring along:

- Medicare Card / Veterans Card
- Pension / Health Care Card
- List of your current medications