Patient Information : Paronychia Prevention

Cork Emergency Medicine
EMed.ie

How can I prevent paronychia?

- Rub moisturizing lotion into your hands after washing them.

- Avoid chemicals that may harm your skin and nails. These may include soaps, laundry detergents, cuticle removers, primers, nail hardeners, or nail products containing acetone. Ask your caregiver for more information about other chemicals that may cause paronychia.

- Avoid cutting or removing your nail fold when cleaning your fingernails or toenails.

- Bring your own nail tools when having your fingernails or toenails cared for in nail salons.

- If you have diabetes, keep your blood sugar at the level your caregiver suggests. Your infected nail fold may take longer to heal if you have diabetes. Ask your caregiver for more information about diabetes, and ways to control your blood sugar level.

- Keep your nails short. Do not bite your nails, pick at your hangnails, suck your fingers, or wear fake nails.

- Use cotton-lined rubber gloves or wear two rubber gloves when working with food or water. The gloves will help protect your nail folds.

If you are concerned, please contact the Emergency Department you first attended:	Mercy University Hospital (021) 4271971	M-UCC at SMHC (St. Mary's Health Campus) (021) 4926900	CUH (021) 4920200	Mallow General Hospital (022) 21251	Bantry General Hospital (027) 52900