

## 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

## parking

There is metered parking available in the streets close by, in addition to 24 hour public parking off Pelham and Rathdowne Streets.

## accommodation

If you are travelling a long distance, it is advisable to find accommodation and stay the night of your surgery. There are a number of motels close to the Foundation. Please contact us for a list.

## support the foundation

Our Foundation relies on the support of others to ensure we can continue with our commitment of providing world class care, education and research for skin disorders. See below for the range of ways on how you can support us.

## fundraise

Start fundraising with friends and family. Sign up for an existing event in your region or create your own event with our online Foundation fundraising page. Simply visit our website and refer to the 'fundraise now' button on the home page for your convenience.

Alternatively don't hesitate to contact us:  
t: 03 9623 9400 e: [fundraise@skincancer.asn.au](mailto:fundraise@skincancer.asn.au)

## donation

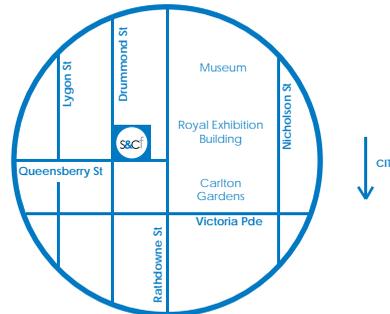
Donate to our cause today. All donations of \$2 or more are tax deductible. Simply visit our website and refer to the 'donate now' button on the home page for your convenience.

Alternatively don't hesitate to contact us:  
t: 03 9623 9400 e: [donate@skincancer.asn.au](mailto:donate@skincancer.asn.au)

## bequest

If you wish to make a bequest a member of our Foundation is available to talk with you regarding your preferred option in addition to discussing our recognition of support program.

t: 03 9623 9400 e: [bequest@skincancer.asn.au](mailto:bequest@skincancer.asn.au)



### Skin & Cancer Foundation Inc

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ABN. 58 895 584 259 Registered Charity A 12501

DISCLAIMER: Content in this brochure is provided for general information only. It is not intended as medical advice, and should not be relied upon as a substitute for consultations with qualified health professionals who can determine your individual medical needs.



# nail clinic

## the skin & cancer foundation inc

The Skin & Cancer Foundation Inc is Australia's leading specialist dermatology centre. It is a not-for-profit organisation specialising in the treatment, education and research of skin disorders.

Established in 1987, the Foundation offers patients peace of mind knowing that their skin is in expert hands. The Foundation provides the best in dermatology industry standards, and professional advice.

## 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 Foundation by other specialists. The clinic is held monthly.

Nail patients have unique dermatological needs:

- Psoriasis
- Onycholysis
- Infective nail problems
- Nail problems from medications
- Tumours
- Inherited disorders

## nail clinic team

The Nail Clinic consists of 2 Consultants, and a team of dermatology registrars at the Foundation. Nurses will assist the team as well when necessary.



## during the consultation

Patients are referred to the clinic at the Foundation and will have an appointment made. During the consultation discussions with the patient will include issues such as:

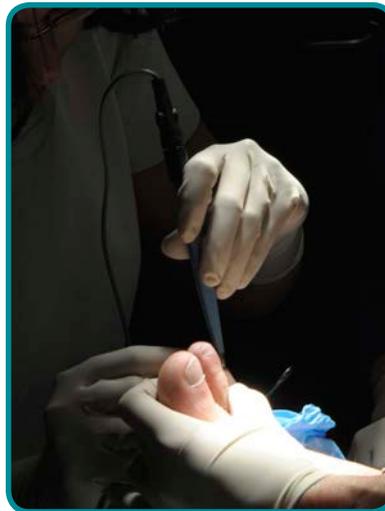
- General health & wellbeing
- Medications
- History of Patient's condition

An examination will be performed. Specimens may be collected on the day of consultation.

## specimen collection

Nail specimen collection can be performed under local anesthetic then sent off to pathology for analysis.

Instructions will be given on how to manage your wound.



## follow up appointment

You will be asked to come back to the Foundation for review and follow up for any pathology.

Patients are reviewed in the Nail Clinic regularly depending on the need. This may vary according to the individual and the complexity of issues involved in the various treatments.

## 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.

