Newsletter Peel Park Surgery September 2019

Nail problems

**Your nails may change over time.** It's normal for nails to: become thicker or break more easily (brittle) as you get older**,** become harder, softer or more brittle during pregnancy – they should be healthier within 6 months of having a baby**,** change colour, become loose and eventually fall off after an injury**.** Fingernails that fall off after an injury should grow back within 6 months. Toenails can take up to 18 months.

**Do**

* wear rubber gloves if your hands are often in water or you regularly use cleaning products, clean your nails with a soft nailbrush, regularly apply hand cream to your nails and fingertips, regularly trim your nails – it may help to cut nails after a shower or bath, cut injured, loose nails back to where they are still attached – this helps them to grow back normally

**Don't**

* do not cut your nails down the edges – trim straight across the top to help avoid an [ingrown toenail](https://www.nhs.uk/conditions/ingrown-toenail/), do not clean under your nails with sharp objects, do not wear shoes that pinch your toes, especially when exercising, do not bite or pick your nails or the skin around them, do not ignore fungal infections on your skin – such as[athlete's foot](https://www.nhs.uk/conditions/athletes-foot/)

Gum Disease

Gum disease is caused by a build-up of plaque on the teeth. Plaque is a sticky substance that contains bacteria. Some bacteria in plaque are harmless, but some are harmful for the health of your gums. If you do not remove plaque from your teeth by brushing them, it builds up and irritates your gums.This can lead to redness with bleeding, swelling and soreness.

Preventing and treating gum disease

Mild cases of gum disease can usually be treated by maintaining a good level of oral hygiene. This includes brushing your teeth at least twice a day and flossing regularly. You should also make sure you go for regular dental check-ups.In most cases, your dentist or dental hygienist will be able to give your teeth a thorough clean and remove any hardened plaque (tartar).They'll also be able to show you how to clean your teeth effectively to help prevent plaque building up in the future. If you have severe gum disease, you'll usually need to have further medical and dental treatment. In some cases, surgery may need to be carried out. This will usually be performed by a specialist in gum problems (periodontics).