Kidney disease and medication can have an effect on your appearance. Here are some common symptoms along with causes and treatments you can discuss with your doctor. Simple home remedies may also provide a temporary fix.*

**BRUISES OR BLOOD CLOTS**

**WHAT CAN CAUSE IT**
Defects in platelets; thin skin from medications like prednisone, heparin, or baby aspirin

**WHAT CAN HELP**
Check clotting; blood thinning agents; vitamins

**ALSO TRY**
Body makeup; creams; gloves and/or long-sleeved shirts; elevation; hot/cold therapies

**PALE SKIN**

**WHAT CAN CAUSE IT**
Anemia

**WHAT CAN HELP**
Check anemia lab values; increase dialysis; add vitamins/supplements

**ALSO TRY**
Moisturizer; bronzer or tanning cream

**DRIY AND ITCHY SKIN**

**WHAT CAN CAUSE IT**
High phosphorus; secondary hyperparathyroidism (SHPT); inadequate fluid removal

**WHAT CAN HELP**
Adhere to prescribed phosphorus, fluid, and sodium allowances

**ALSO TRY**
Moisturizer; corticosteroids; antihistamines

**RASH**

**WHAT CAN CAUSE IT**
Allergies; abnormal phosphorus, calcium, or secondary hyperparathyroidism (SHPT) levels

**WHAT CAN HELP**
Check medications; take phosphate binders and manage renal diet as directed; keep phosphorus, calcium, and SHPT levels within range

**ALSO TRY**
Creams; cold compress; natural remedies (oatmeal, tea tree oil, aloe vera)

**HAIR LOSS AND WEAK NAILS**

**WHAT CAN CAUSE IT**
Malnutrition; medication side effects; frequent surgeries; lying in bed

**WHAT CAN HELP**
Ask your doctor about changing medications or diet; also ask about supplement options

**ALSO TRY**
Biotin shampoo and/or supplements; short haircut; silk pillowcase; nail strengthener

**AMMONIA BREATH**

**WHAT CAN CAUSE IT**
Dehydration; inadequate treatment; too much protein

**WHAT CAN HELP**
Adjust diet; more treatment

**ALSO TRY**
Drink more water; brush and floss teeth and gums regularly; use mouthwash and mouth rinse for dry mouth

**SWELLING OF FACE AND APPENDAGES**

**WHAT CAN CAUSE IT**
Fluid retention; medication side effects

**WHAT CAN HELP**
Alternative medications; reduce fluid intake; change treatment regimen; adhere to dietary sodium requirements

**ALSO TRY**
Concealer; eye drops; limit sun exposure; meditate; limit screen time and caffeine; exercise; tea bags, cold compress, etc.

**DARK UNDER-EYE CIRCLES OR BLOODSHOT EYES**

**WHAT CAN CAUSE IT**
Medication side effects; high phosphorus; disturbed sleep schedule for various reasons

**WHAT CAN HELP**
Manage phosphorus levels; determine why sleep habits changed

**ALSO TRY**
Wear loose-fitting clothing and comfortable shoes; use support stockings for legs if necessary

**ALSO TRY**
Creams; cold compress; natural remedies (oatmeal, tea tree oil, aloe vera)

**ALSO TRY**
Moisturizer; bronzer or tanning cream

**ALSO TRY**
Moisturizer; corticosteroids; antihistamines

**ALSO TRY**
Concealer; eye drops; limit sun exposure; meditate; limit screen time and caffeine; exercise; tea bags, cold compress, etc.

**CONSIDER**
Wear loose-fitting clothing and comfortable shoes; use support stockings for legs if necessary

**ALSO TRY**
Drink more water; brush and floss teeth and gums regularly; use mouthwash and mouth rinse for dry mouth

* Recommendations, statements, and advice contained in this infographic are for information only. You should not use the information to diagnose or treat a health problem or disease without first consulting with a qualified healthcare provider. Please consult with your healthcare provider about any questions or concerns you may have regarding your condition, over-the-counter treatment, or dietary regimen.