

EST 31

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# **Esthetician-Nail Technician Gel Toe Service**



This booklet has been created by (Glamorous) Damaris Terleski and Aaron Gillett. It is intended for educational use; it is not for resale or profit, and can be copied without cost. Please forward any suggestions to [aarongillett3@gmail.com](mailto:aarongillett3@gmail.com)

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# Gel Toe Service

## Rationale

*Why is it important to learn this skill?*

Gel toe service is an add-on service that increases an esthetician's revenue. Gel service on toes differs than service on fingers because of the dark, humid environment that surrounds toes. A high percentage of the population has some form of toenail condition. A skilled esthetician can help these people become healthy and feel good about their feet.

## Outcome

*When you have completed this module, you will be able to:*

Confidently apply specific gel products, keeping the health of the natural nail as the top priority.

## Objectives

1. Describe manufacturer's specifications, products, uses, and cautions.
2. Describe assessment and preparation of toes, and application of product.
3. Describe cosmetic correction of abnormal and damaged toenails.
4. Describe fungal and bacterial infections and prevention.
5. Demonstrate gel toe service.

## Introduction

(Glamorous) Damaris Terleski has been an integral component in the creation of this series of ILM's. In particular, her contributions to this ILM are noted and commended. Her two large toenails had been surgically removed due to extreme pincer nails causing ingrown toenails. Surgery was the only option at that time. Over the years, many great products were developed and knowledge was easier to obtain. She began a journey of learning that enabled her to help those that found themselves in her previous, unfortunate position. In 2005, Damaris began delivering pedicures, earning her NASP Level 2 Certified Master Pedicurist in 2009, as well as her Saskatchewan

Journey person Certification in that same year. She is a practising esthetician and educator who receives a great gratification in helping others enjoy life without foot pain and the complications that it brings.

# Objective One

*When you have completed this objective, you will be able to:*

Describe manufacturer's specifications, products, uses, and cautions.

## Special Products

Due to the unique environment that surrounds toes, special gel products should only be applied. Standard gels cannot be used because they are either porous, too stiff, and/or are not infused with an antimicrobial and/or antifungal agent(s). The porousness will allow bacteria to grow on the natural nail plate. Gels that are designed for toes include an antimicrobial and/or antifungal agent(s). It is the standpoint of these ILM's to not mention specific manufacturers, instead, focusing on the common elements that can be applied by the apprentice to all products. In the case of gel toe services, it is responsible to mention acceptable manufacturers by name, in order to prevent apprentices from applying incorrect products. In no way is this an endorsement of the following products or a claim to their effectiveness. Acceptable products include, but are not limited to: Wilde Pedique and NanoFlex by Fuzion.

These two products are meant to be used, at minimum, as a base, but can also be used to dam an ingrown toenail, protect thin natural nail plates, prevent ingrown toenails, and reconstruct partial or absent toenails.

During the course of creating this ILM, LCN Canada East was contacted, regarding their product Wilde Pedique Silver Plus. They provided the following statement:

*this one-step resin is highly elastic in order to be able to follow the rolling of the foot and to avoid pressure on the toenails. Pedique contains a highly effective anti-mycotic, anti-microbial, time-released component: Piroctone Olamine, and an anti-bacterial component: Silver Plus which proves effective against a wide spectrum of microorganisms. Pedique is a light-curing material for the restoration and correction of toenails. Pedique's adhesive quality ensures secure adhesion, even to calloused skin. Pedique is ideally suited for protecting and sealing nail surfaces, levelling grooves and deformations, concealing discolourations, strengthening toenails, and sealing ingrown toenail braces. Pedique is available in four shades: clear, pink, opaque, and pastel; as well as and two camouflage colours: cool pink and natural beige. It is applied to the cleansed skin and/or oil-free nail. It is hardened with a special UVA light unit. .*

*. . [This product is —at the time of this publication] the beauty industry's only anti-mycotic,*



*light-curing, one component pedicure resin. Pedique is a means to restore all damaged toenails. The anti-mycotic, anti-microbial properties are proven to continue working even after the product is cured. Extremely flexible, Pedique adjusts to the movements of the nails and feet. Pedique will match any nail type and provide full or partial for even the most unsightly nails.*

Fuzion NanoFlex has recently entered the market as a second option for gel toe products. During the course of creating this ILM, the authors were unable to contact Fuzion; their website states that their two-step product is a flexible UV/LED gel designed for reconstructing damaged toenails. It is self-levelling and contains NanoSilver, a natural antifungal and antibacterial agent.

## **Anti-microbial Agents**

As a best practice, before working on any foot, regardless of its health, the foot should be sprayed with an anti-microbial agent such as Mykosept which is sold worldwide by LCN. Mykosept is used to disinfect all feet before servicing them. If the nails are healthy, they should be sprayed again at the end of the service. As a best practice, clients must spray their feet daily with this product. It acts to prevent the growth of microbes. Once a nail has been covered in gel product, the moisture content of the natural nail plate rises considerably. Daily application of Mykosept will help keep the nails healthy in their warm, moist environment.

When working on an unhealthy nail, such as a mycotic nail, the foot must be sprayed with Mykosept before servicing. The spray will kill microbes while softening the skin. After the skin is softened, it is easier to remove debris from around and under the nail. Debris removal is a crucial component of maintaining and improving nail health. During the process of correcting an unhealthy nail, this product may be applied several times, especially before services that create dust or loose debris.

The second anti-microbial spray available is called Nail Tincture Spray by footlogix. According to the manufacturer, it contains *Spiraleen®* a unique anti-microbial concentrate exclusive to footlogix. It is a bio active micro algae extract specifically designed to deliver optimal levels of cell protection, regeneration and collagen synthesis to the skin and is also effective on the toenails. *Spiraleen* works by inhibiting invasive germs with its highly efficacious anti-microbial properties resulting in a stronger skin barrier for healthy, happy feet.

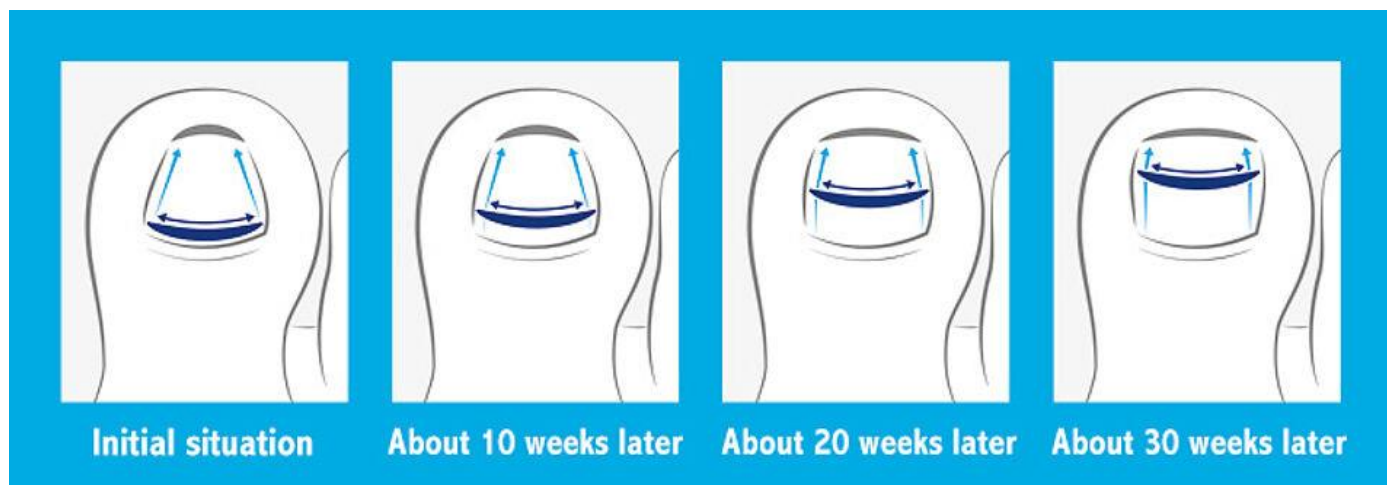
While Mykosept is a wider-spectrum anti-bacterial spray, Tincture spray is more concentrated for the toenail. If a mycotic toenail is severe, Tincture is the recommended product.

While Mykosept is a wider-spectrum anti-bacterial spray, Tincture spray is more concentrated for the toenail. If a mycotic toenail is severe, Tincture is the recommended product.

## Nail Correction with Onyfix

Onyfix is a relatively new product to enter the market within the last few years with its own training system managed by <https://www.onyfix.com/ca-en/>

This is specific training to help reduce the curvature of an involuted nail/ingrown nails over time by applying a compound to the nail at the widest part of the nail (at the cuticle), and having the compound stay attached to the nail as it shifts down to the free edge. This compound will keep the shape by the cuticle therefore widening the nail as it shifts.



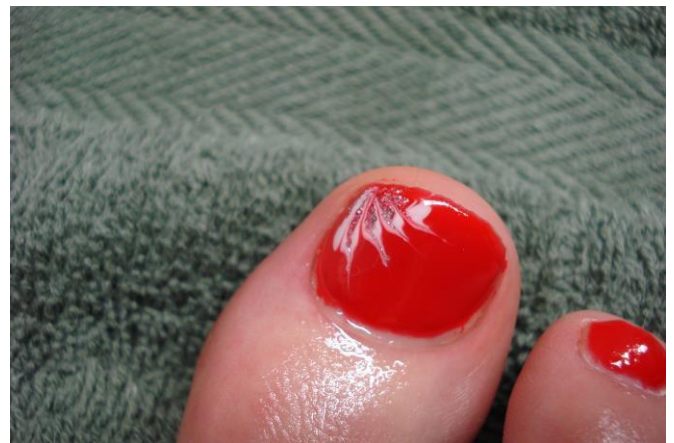
## Components of the Onyfix System



The Onyfix nail correction system consists of Onyfix Primer, which acts as an adhesion agent, as well as Onyfix Soft composite and Onyfix Hard composite. Onyfix Soft composite is suitable for small, thin, and children's nails. Onyfix Hard composite is used for severely malformed nails, particularly on D1. In order to use the nail correction system to the best possible effect, you

will need a diamond bur to roughen the surface of the nail, a cleaning agent to degrease the nail, cotton swabs to apply the primer, a spatula to shape the composite, curved cannulas for Onyfix Soft composite, an LED blue light to polymerize the composite, and a hard metal or ceramic bur to correct or remove the nail correction system.

Manufacturers often offer classes to educate estheticians on their products. A new nail technician may be uncomfortable performing some of the procedures outlined in this ILM. Further knowledge can be obtained through training that is offered by North American School of Podology (NASP) or LCN Level 2 Pedicure. Once a nail technician is comfortable with the procedures outlined in this ILM, these procedures can be applied to fingernails with the same conditions. Always confirm with the local Authority Having Jurisdiction (AHJ) regarding the scope of practice allowed in your area. It is always a good idea to keep update with the latest information. Once the correct base has been applied, the options for art are endless.



## **Incorrect Products**

Acrylic is not a correct product to apply to toenails because it is too porous. The porousness may allow bacteria to grow on the nail plate; in addition, acrylic is too rigid for the toenails, and it does not contain an anti-microbial/anti-fungal agent. The only exception to this is an acrylic brace, which will be discussed in Objective 4.

Any form of gel polish is not acceptable because it is porous, and it causes the natural nail plate to shrink. This shrinkage can cause exaggerated problems on a toenail; in addition, gel polish does not contain an anti-microbial/anti-fungal agent.

Standard gel is too rigid for toenails, and some are porous; in addition, they do not contain an anti-microbial/anti-fungal). As a general rule of thumb, if a product soaks off, it is porous.

All product applications must be done on a dry, sanitized foot. After a gel toe service has been completed, a wet or a dry pedicure can be performed.

# Objective One Self-Test

1) Why can only special gel products be applied to toes?

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2) What can happen if a porous product is applied to toes?

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3) What makes toe gels acceptable for use on toes?

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4) What ingredient is specific to Pedique?

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5) What ingredient is specific to nail tincture spray by footlogix?

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6) What three reasons are given for acrylic not being compatible with toenails?

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# Objective One Self-Test Answers

- 1) Special gel products must be applied to toes because they will not encourage the growth of harmful microbes in the warm and humid environment that surround toes.
- 2) If a porous product is applied to toes, it will allow bacteria to grow on the natural nail plate.
- 3) Toe gels are safe to use on toes because they contain ant-microbial ingredients.
- 4) Piroctone olamine and Silver Plus are ingredients specific to Pedique.
- 5) Spiraleen is the ingredient specific to nail tincture spray by footlogix.
- 6) Acrylic not being compatible with toenails because: 1) it is porous, 2) it is too rigid, and 3) it does not contain an anti-microbial agent.

# Objective Two

*When you have completed this objective, you will be able to:*

Describe assessment and preparation of toes, and application of product.

## Basic Colour Application

The first procedure described in this Objective is for a 'pretty pedicure' that does not require any corrective measures; all natural nails are in good health.

### Assessment for Basic Colour Application

#### Fills and Full Set

Follow all preparations in EST 1.

Spray the client's feet with a spray sanitizer.

Observe the grow-out, looking for damage and abnormalities such as chips, and cracks.

Remove the colour with an electric file and a medium grit bit.

Perform cuticle care.

Shorten the nails with a professional-grade clipper.

File the edges smooth.

Use ingrown toenail file to ensure no sharp edges left behind.

Buff the entire nail plate.

Clean the nail plate with a cleaner.

Place toe separators on the client.

Paint on an initial layer and cure it to the manufacturer's specifications.

Apply chosen colour.

Cure according to the manufacturer's specifications.

Seal with a non-porous sealant and cure to the manufacturer's specifications.



# Colour Application with Corrections

## Assessment for a Colour Application with Corrections

### Fills and Full Set

Follow all preparations in EST 1.

Spray the client's feet with a spray sanitizer.

Observe the grow-out, looking for damage and abnormalities such as chips, and cracks.

Remove the colour with an electric file and a medium grit bit.

Perform cuticle care.

Shorten the nails with a professional-grade clipper.

File the edges smooth.

Buff the entire nail plate.

Clean the nail plate with a cleaner.

Place toe separators on the client.

Paint on an initial layer and cure it to the manufacturer's specifications.

Make any necessary corrections (see the next Objective).

File if necessary and remove any dust.

Apply chosen colour.

Cure according to the manufacturer's specifications.

Seal with a non-porous sealant and cure to the manufacturer's specifications.



After the nail is shortened and filed, it is important to smooth the corners with an ingrown toenail file. See the photograph to the left. If a sidewall corner is left sharp and gel is applied to it, the ingrown toenail will worsen. Smoothing all corners with an ingrown toenail file is a best practice, because this greatly reduces the chance that the sidewall will penetrate the skin.

The photograph to the right shows cuticle preparation and buffing of the nail plate.



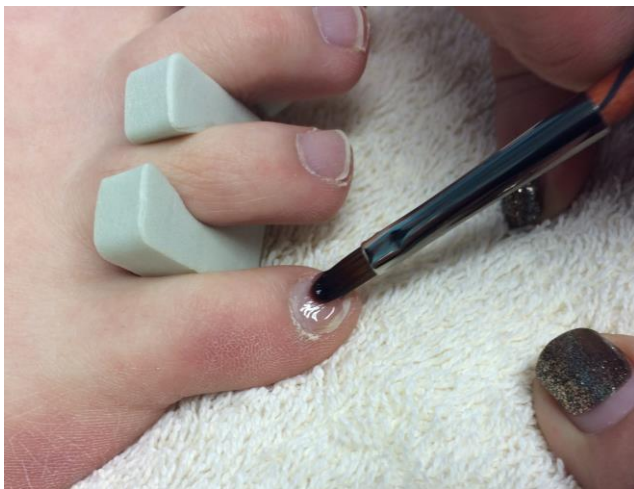
The photograph to the right shows buffing of the skin of the nub of a nail plate. Caution must be used because many nerve endings are located just below the skin.



Before any gel can be applied, the skin and the nail must be cleaned with a gel cleaner. See the photograph to the right.



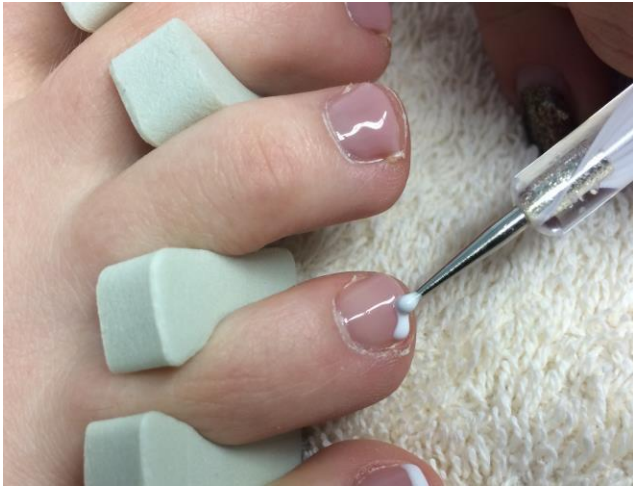
## Basic French Colour Application



In the photograph to the left, a base layer of Pedique is being applied.

In the photograph to the right, a layer of camouflage colour has been added to give the nails a natural, healthy, uniform glow. The layer of camouflage is also used to cover imperfections in the natural nail plate.





In the photograph to the left, the cosmetic colour is being applied in a French design.

In the photograph to the right, the smile line is being cleaned up with a brush to create a crisp line. Freeze cure the nail immediately after this step.



In the photograph to the left, sealant is being applied.



## Optimal Set up



An optimal set up includes a lamp that has no bottom. This lamp can easily be moved from foot to foot. These lamps are also ideal for disinfection. A lamp that has a bottom is more difficult to correctly disinfect. Observe in the photograph above how the technician works on one foot while the other cures. This alternating technique not only saves time, but for applications such as cosmetic French, the product can be freeze cured before it runs and creates a mess.

When performing a gel toe fill, the technician only needs to file to the base layer. The base layer acts as a barrier between the natural nail plate and the file. It only needs to be removed if it has lifted.

# Objective Two Self-Test

1) Why is it important to use an ingrown toenail file after shortening the free edge?

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2) Why does an optimal set up include a lamp that has no bottom?

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# Objective Two Self-Test Answers

- 1) It important to use an ingrown toenail file after shortening the free edge because it greatly reduces the chance that the sidewall will penetrate the skin.
- 2) An optimal set up include a lamp that has not bottom because the lamp is easily moved from foot to foot and it is easier to disinfect.

# Objective Three

*When you have completed this objective, you will be able to:*

Describe cosmetic correction of abnormal and damaged toenails.

Some of the work that is listed in this Objective requires commitment from the client. Some procedures are one-time (such as preparation for a wedding), and other procedures require multiple visits over a long period of time. It is crucial to maintain accurate and up-to-date records of the client's condition upon arrival at each visit, corrective methods chosen, and progress. The constant assessment will help the esthetician decide which corrective measures to continue and which ones to stop. It is also important to educate clients regarding home care regimens. The Esthetician is only half of the equation and half of the solution. The client must know what to do and why they are doing it.

## **Ingrown Nails (Onychocryptosis)**

Ingrown nails are a condition that affects a large percentage of the population. An ingrown toenail occurs when the free edge corner of the natural nail plate punctures the adjoining skin. Some occur naturally, while others occur from improper nail trimming or improper footwear. The term "Ingrown Toenails" means that the skin around the sidewall is penetrated, infected, red, swollen, sensitive, and may ooze fluid. It is beyond the scope of an esthetician to work on an ingrown toenail. A client with this condition should be sent home and instructed not to come back until the infection is gone. The infection can be eliminated in various ways. Sometimes, soaking the infected area in Epsom salts, drying it, and then applying an anti-bacterial agent. This procedure can be repeated for 2 to 3 days. If the infection does not go away, a doctor's visit is necessary.

Once the client returns with the infection resolved, the nail technician can begin to execute the correct, long-term solution: grow the nail out fully past the skin.

*The incorrect solution is to clip the free edge back. This can provide short term relief, but will only make the problem worse. Clients will often insist on this treatment. Proper client education is needed to make them understand that this is not the solution. The client must be educated to work with the esthetician toward permanently solving the condition. The solution*



is a long-term commitment. Patience is required, but great reward is accomplished when the treatment is followed through.

Assess for signs of infection, apply a softening anti-microbial agent to the surrounding skin. Allow the solution to sit for a few minutes, and then smooth the underside of the sidewalls (from as far back as can be safely reached to the tip) with an ingrown toenail file.

Once all edges have been made smooth, continue with nail preparation and dam the problem skin. Damming will hold the skin back so the nail can pass in growth on top of the skin. Correcting an ingrown toenail can take up to 12 months.

## **Braces**

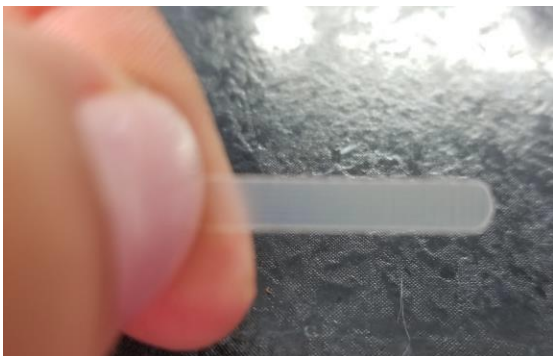
A brace is a thin, flat plastic band that is used to correct pincer nails. Braces are custom sized to fit the nail. If a nail has an extreme curve, the brace must be thinned in the centre to reduce the force that it exerts on the nail. The brace is glued to the nail at the flattest part (usually the cuticle). As soon as the brace is glued to the nail plate, it begins exerting a force that pulls on the nail and opens up the c-curve. As the nail plate grows out, the plate flattens along its entire length. When the brace reaches the free edge, another brace is installed at the cuticle. A toenail should only have one brace applied at a time. Wait until the first brace reaches the free edge before applying a second one at the cuticle. The process of flattening pincer nails will most likely take at least 12 months. Client education and participation is crucial to the success of this process.

Braces can be purchased in one size and are cut to fit from sidewall to sidewall across the nail, with 1mm of space on either side between the brace and the sidewall of the nail. This 1mm of space allows the gel to cover the brace and attach to the nail, sealing both the brace and the natural nail plate. Braces are not applied tight to the cuticle; they are applied at the widest part of the nail that is near the cuticle. Braces can also be purchased in various sizes; these will not need to be cut to fit the nail.

Sizing braces is done by holding the brace 1mm from the sidewall, then pressing across the toenail, mark the brace on the other side. Trim the brace with a pair of scissors, maintaining the original rounded shape of the end. One side of the brace is shiny and

smooth, while the other is rougher. The rough side of the brace contacts the nail plate. Take a diamond bit (used for cuticle preparation) and gently scuff the rough side. Holding the brace with tweezers may make this easier. Clean the brace with gel cleaner. Do not touch the rough side of the brace with hands or anything that is dirty. Any dirt or oils on the brace may negate adhesion. Prepare the natural nail plate in the same manner as would be done for applying artificial nail extensions. The brace is glued to the nail plate in three stages. 1) Using angled tweezers to hold the brace, apply a small amount of medium viscosity glue to one end of the brace, and spread the glue toward the middle of the brace. Turn over the brace and place the end of the brace 1mm away from the sidewall. Make sure that the brace is aligned straight across the nail plate. ***Press the brace down and hold firmly for at least 2 minutes.*** After the pressure on the brace is released, the brace will be pointing up in the air. 2) Apply a small amount of glue under the middle third of the brace. Be sure that there are no air bubbles in the glue. Move the tweezers past the area to be glued. ***Press the brace down and hold firmly for at least 2 minutes.*** 3) Apply a small amount of glue to the final third of the brace and then ***press the brace down and hold firmly for at least 2 minutes.*** Use an electric file to reduce the thickness of the corners of the brace (feather the corners). Thin the brace a very small amount, 2mm maximum. The corners are thinned because, without the thinning, the gel will have to be applied very thickly over top to cover the corners. Buff the top of the brace and any glue that is present, clean the nail, and then apply a thicker coat of toe gel. The gel must be applied thickly enough to camouflage the presence of the brace.

It is normal for the client to feel some twinges for a few days after the application of a brace. If the client experiences pain, remove the gel from above the middle third of the brace. Use an electric file with a medium-fine arbor band to thin the brace in the centre. Clean and prepare the area, and then re-apply the gel. A painful brace is a rare occurrence. The two photographs below show a typical brace.



The series of photographs below show two nails with extreme c-curves that have undergone the application of braces. On the following pages, one can see the progression of this procedure. The two photographs below show the client during their initial visit when the braces were first applied.



The photographs below show the c-curve of the nails plates during the initial visit, when the braces were first applied.



The photographs below show the client during their first return visit, approximately 3-4 months later.



The two photographs below show the client on the next return visit, approximately 3 months later. Notice how the c-curves are flattening.



Another method of bracing is done using a powder/liquid acrylic. After a nail has been prepared, acrylic is applied close to the cuticle, mimicking a plastic brace. Because acrylic is not flexible, this flat shape remains as it grows down the nail. This will only work on a nail that has a flat shape near the cuticle. This is the only time that acrylic is to be placed on a toe, and must be covered with a gel that is specialized for toes.



## Pincer Nails



This is a photograph of a pincer nail. They will vary; in extreme cases, the sides of the nails will curl under and touch each other. It is very important to use the ingrown nail file every treatment. The free edge must be trimmed straight across and the free edge corners must be rounded. Damming can help to reduce pressure.

## Dams



Damming is a term used to describe the process of applying gel to hold the skin away from the sidewall.

In the photograph to the left, observe the big toe, it is missing a sidewall; in addition, there is debris under a hook of nail.

The nail technician has used an ingrown file to clean out debris and soften the corner closest to the paronychia. The toe must be held in this way when applying product and during curing. If the skin is allowed to return to place before the gel is cured, the skin will push the gel away. The thumb holds the skin folds down to allow the nail to grow out without the skin in the way.





In the photograph to the left, the Pedique was applied 1 mm wider than the actual nail and then cured. It can be seen that the skin fold is solidly held away from the sidewall of the nail.



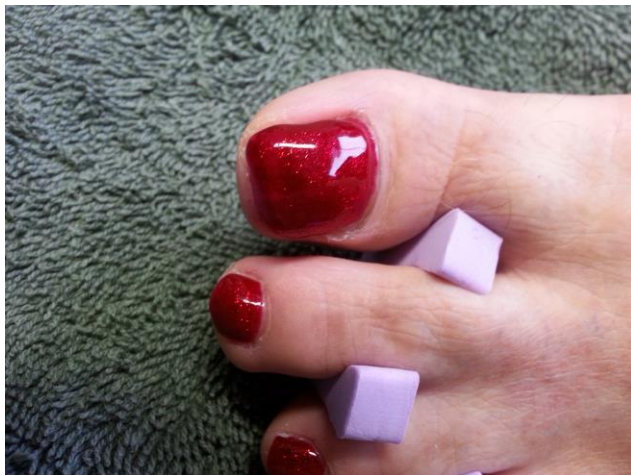
This photograph was taken on a return visit. It is of an extreme dam that correctively colours the dam to maintain the illusion of a full, straight nail.

## Mycotic Nails

Mycosis is a fungal infection of the nail that affects animals. Mycoses are common and a variety of environmental and physiological conditions can contribute to their development. Mycotic nails are nails that become infected with a fungus. The nail may be discolored (yellowish-brown or opaque), thick, brittle, and separated from the nail bed. In some cases, the nail may crumble.



Observe the photograph to the left, it displays a mycotic nail. Most of the mycotic nail has been clipped away. When clipping, it is crucial to note where the separation is between the nail plate and the nail bed. Clean out all debris and clip away the unattached nail plate. Replace the removed section of nail plate with Pedique. Make sure to wear proper PPE and treat the station and all tools as contaminated.



The toenail that was pictured above has been rebuilt and finished with colour and sealant. It is shown in the photograph on the left.



## Partially Missing Nails

When constructing artificial nails over partial nails, build the cosmetic nail out by anchoring it to the existing nail plate. Having an anchor makes this procedure different from the entirely missing nail. The two photographs below show the large toes, and each is missing the sidewall. In the photograph on the left, only a small amount of sidewall needs to be repaired. Regardless of the amount of nail missing, correct this problem. Not correcting this problem will risk creating an ingrown toenail.



Observe the two photographs below. Pedique has been placed to create a sidewall. During application and curing, the skin folds may need to be held away.





## Entirely Missing Nails

This process is transformational for clients. The positive feeling that a client receives from having toenails rebuilt is well-worth the time spent learning this technique.

Missing toenails can be caused by several different things, including surgical removal, trauma, and infection. A completely false nail will not stay on as long as a partially constructed nail. Toe gels, such as Pedique, are designed to attach to skin; this design allows the product to fully replace missing nails. A thin nail will last longer than a thick nail, because the thin nail has more flexibility. Preparation can be difficult, especially if there is no nail plate: nerves may be close to the surface, so be careful while buffing. Prepare the area to the best level possible, and apply the gel. If a nail is built on a nub that acts as an anchor, the free edge can be filed and shaped a small amount. If the nail is built solely on skin, application must be very precise because any filing will lift the nail.

If a nail is being constructed on skin, a subtle technique can be used to build a very thin free edge that will extend the life of the application. After the free edge has been created, and before curing, wipe excess product off of the brush on a dry swab. Shape the free edge by running the brush along the free edge. This fine-tuning of the free edge eliminates filing and spreads the product in a thin layer around the outer perimeter of the construction. This thin edge acts as a flexible barrier and extends the life of the construction.

Sometimes a constructed nail will not be created flawlessly. Ridges may persist and the surfaced may be uneven. In these cases, colour is used correctively. Imagine what the nail should look like, and apply colour to create the illusion of a full nail plate.

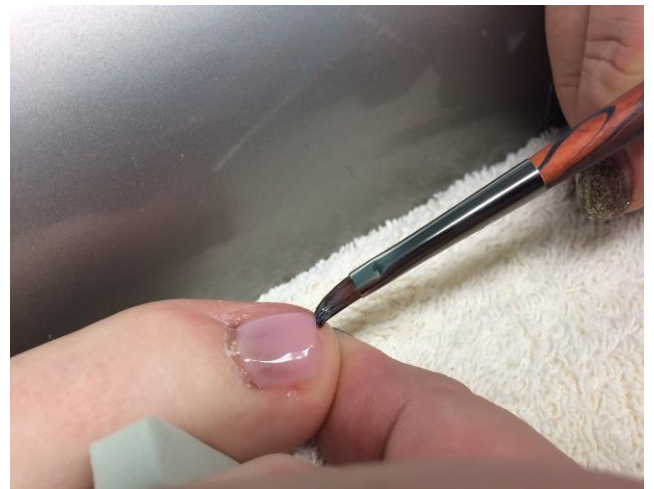
The photograph to the right shows a client that has a small nub of nail that can be used as an anchor for a false nail.





In the photograph to the left, gel is being applied to create a false nail.

The photograph to the right shows the creation of the free edge.



Toenails being cured.



The photograph to the left shows the completed nail, with white gel used to create the illusion of an overhanging free edge.

# Objective Three Self-Test

1) Why are accurate and up-to-date records crucial?

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2) What is the long-term solution for Onychocryptosis

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3) When applying a brace as a corrective measure, how long is it likely to take in order to correct the problem?

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4) What is 'damming'?

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5) What are the physical characteristics of a mycotic nail?

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6) Why must a sidewall be rebuilt if it is only missing a small piece?

---

7) When reconstructing an entirely missing nail, is it better to construct a thin or thick nail?

---

# Objective Three Self-Test Answers

- 1) Accurate and up-to-date records are crucial because to help the esthetician decide which corrective measures will be continued because they are effective, and which corrective measures to stop because they are ineffective.
- 2) The long-term solution for Onychocryptosis is to grow the nail out fully past the skin.
- 3) It is likely to take up to 12 months.
- 4) Damming is the process of applying gel to hold the skin away from the sidewall.
- 5) The physical characteristics of a mycotic nail are: discolouration; thick, brittle, crumbly nail plates, and nail separation.
- 6) A sidewall be rebuilt if it is only missing a small piece because even this slight problem may create an ingrown toenail.
- 7) When reconstructing an entirely missing nail, it is best to construct a thin nail because it is more flexible and will last longer.

# Objective Four

*When you have completed this objective, you will be able to:*

Describe fungal and bacterial infections and prevention.

Some of the procedures in this Objective require consent and commitment from the client. Some corrections may take more than 12 months to be eliminated, so clients must be informed of the long-term nature of the corrections, and the client must be willing to perform the necessary home care regimen. Fills and/or maintenance must be scheduled no more than 5 weeks apart.

## Onychorrhexis

Onychorrhexis is a disorder characterized by split, brittle nail plates with vertical ridges. This disorder is common in dry climates; therefore, it is likely caused by a lack of moisture. It may also be hereditary. The excessive use of harsh chemicals may also cause this disorder.

File this nail smooth, apply a thin layer of product as a base, and then continue with colour and art.

## Pincer (Trumpet Nails)

This disorder is characterized by a nail plate with a sharp or deep curvature at the free edge; it originates in the matrix. The free edge may pinch the sidewalls and curl in upon itself. The free edge can become an ingrown nail if it penetrates the surrounding skin.

Try to correct this nail with braces. If the nail is not sufficiently corrected, keep the client comfortable by damming the sidewalls.

## Psoriasis

Psoriasis of the nail plate causes a dimpled appearance of the nail plate. The dimples can be randomly or evenly spaced. The nail plate becomes thick and brittle. People with psoriasis of the skin can also develop psoriasis of the nail plate. Psoriasis is not

infectious unless onycholysis is present. In extreme cases, psoriasis may look like a fungal infection. Psoriasis may be caused by stress or anxiety; it may also be hereditary.

The brand Pedique will correct this condition. Prepare the nail as per the instructions laid out in these ILM's and apply Pedique. The nail can be sealed and then have polish applied, or the nail can have gel colour applied and then be sealed. The product Pedique also acts as a base for polish.

## **Ridges (Grooves)**

A nail plate may appear to have ridges. This is incorrect. The nail does not have ridges, it has grooves. The grooves can be local or general. Local grooves can occur from trauma, while general ridges can be caused by several factors, including age and strong medications.

Prepare the nail as per the instructions laid out in these ILM's and apply Pedique. The nail can be sealed and then have polish applied, or the nail can have gel colour applied and then be sealed. The product Pedique also acts as a base for polish.

## **Wooded Nail**

This disorder is mostly found on older people, normal nail growth is affected. The nail plates grow thick and have the textured appearance of antlers. A wooded nail may break during filing. Thin the natural nail plate as much as possible and apply Pedique to rebuild the nail. Apply colour and sealant.

## **Yellow Nail Syndrome**

Yellow nail syndrome is a rare disorder characterized by malformations of the fingernails and toenails. The lungs and the airways are also affected. This disorder is caused by accumulation of protein-rich fluid (lymph) in the soft layers of tissue under the skin. This disorder usually affects older adults and may be inherited. The nail plate is yellow, thickened, and excessively curved. The nail plate will almost completely stop growing. A loss of cuticle may also occur. Onycholysis and paronychia may

occur simultaneously. Both toenails and fingernails may be affected. The nail plates usually remain smooth, unlike in other conditions.

If onycholysis is present, treat this as a mycotic nail. Use a camouflage coloured Pedique gel. If onycholysis is not present, prepare the nail plate and apply Pedique.

## **Onychomycosis (Mycotic Toenail)**

Onychomycosis is a fungal infection between the nail plate and the nail bed. It occurs in five stages. Stage one is the separation of the nail plate and bed (onycholysis); in the second stage, the nail plate discolours; stage three is characterized by an accumulation of debris under the nail plate; in the fourth stage, the nail plate thickens; stage five — the last stage — is characterized by the production of a strong odour. A long yellow line within the nail will develop at the free edge and progress toward the proximal edge. This infection is contagious, but employing proper working protocols make this nail safe to work on.

Clean out all debris, thin the nail plate, douse the nail with an anti-microbial/fungal spray, allow the spray to dry, prepare the nail, and apply Pedique.

## **Pseudomonas (Staphylococcus)**

This naturally occurring skin bacteria can grow rapidly, causing infection. It does not need specific conditions to grow, so it occurs on hands and feet. Pseudomonas is usually caused by contaminated implements, and not by water trapped under the nail plate (a common misconception). A pseudomonas infection on a nail plate can be identified in the early stages as a yellow-green spot that progresses to green, to brown, to black. A client with pseudomonas should be referred to a physician.

Treat this nail the same as a mycotic toenail. If any product is applied over this nail, a daily treatment protocol must be in place. The client must spray the nails every day with an anti-microbial/fungal spray. If the client does not spray daily, this condition will worsen.



This client presents with obvious abnormal condition.



The nail has been disinfected, the abnormality is mostly clipped away, and the nail has been prepared for product.

Gel has been applied to rebuild the missing nail plate. This nail is ready for polish or colour gel application.





This nail has received two treatments.  
Notice how the abnormality is growing out  
as the nail grows.

The toenail is once-again disinfected, clipped  
back, and rebuilt.



# Objective Four Self-Test

1) What two corrective measures can be tried on pincer nails?

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2) Can you apply toe gel to a ridged nail?

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3) What will cause pseudomonas to worsen?

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# Objective Four Self-Test Answers

- 1) The two corrective measures that can be tried on pincer nails are nail braces and damming the sidewall.
- 2) Yes toe gel can be applied to a ridged nail because it will act as a base for construction.
- 3) Irregular home care regime will cause pseudomonas to worsen.

# Objective Five

*When you have completed this objective, you will be able to:*

Demonstrate gel toe service.

## Laboratory Exercise

**Purpose:** To perform a basic colour application on a full set of toes.

**Materials:** Esthetics bed or pedicure throne, chair, overhead light, electric file, arbor bands, diamond cone bit, towel, gel brush, cotton wipes, gel cleaner, anti-microbial spray, toe gel product, colour or polish, non-porous sealant, curing light, polish remover, client chart, PPE, professional nail clippers, file, buffer block.

Follow the procedure below with advice from the instructor.

Follow all preparations in EST 1.

Spray the client's feet with a spray sanitizer.

Observe the grow-out, looking for damage and abnormalities such as chips, and cracks.

Remove the colour with an electric file and a medium grit bit.

Perform cuticle care.

Shorten the nails with a professional-grade clipper.

File the edges smooth.

Use ingrown toenail file to ensure no sharp edges left behind.

Buff the entire nail plate.

Clean the nail plate with a cleaner.

Place toe separators on the client.

Paint on an initial layer and cure it to the manufacturer's specifications.

Apply chosen colour.

Cure according to the manufacturer's specifications.

Seal with a non-porous sealant and cure to the manufacturer's specifications.

**Instructor verification:**

# Module Summary Self-Test

1) What two gel products are made specifically for toes?

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2) What makes the two products in Question 1 unique?

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3) What two anti-microbial sprays are acceptable for use on toes?

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4) Why is gel polish not suitable for toenails?

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5) When performing a fill, is it necessary to remove the base layer? Why or why not?

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6) Why are the free edge corners of an ingrown nail not clipped?

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# Module Summary Self-Test Answers

- 1) Pedique and NanoFlex by Fuzion are made specifically for toes.
- 2) Pedique and NanoFlex by Fuzion are unique because they are flexible and they contain anti-microbial agents.
- 3) Mykosept and nail tincture spray by footlogix are acceptable for use on toes.
- 4) Gel polish not suitable for toenails because it is porous (causing the growth of microorganisms), and it causes the natural nail plate to shrink.
- 5) When performing a fill, it is only necessary to remove the base layer if it is lifted, and only the lifted area need be removed.
- 6) The free edge corners of an ingrown nail are not clipped because they will only make the problem worse in the long run.