

EST 32

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Esthetician – Nail Technician
**Cosmetic Correction of Abnormal
and Damaged Nails**

This booklet has been created by the Esthetician community of Saskatchewan, (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

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Cosmetic Correction of Abnormal and Damaged Nails

Rationale

Why is it important to learn this skill?

A journey person nail technician must be versatile, skilled, and knowledgeable in all areas of the trade. Versatility includes capably dealing with traumas and conditions that come in the door, and sending happy customers out the door. Finger trauma is more often experienced by males than females, so adeptly solving these problems is an excellent way to expand the customer base and increase community profile.

Outcome

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

Safely perform the cosmetic correction of abnormal and damaged nails with a focus on long-term client health.

Objectives

1. Describe manufacturer's specifications.
2. Describe products, uses, and cautions.
3. Describe when treatments are deferred to medical professionals.
4. Describe creating nail extensions on damaged or missing nails.
5. Demonstrate the cosmetic correction of nails.

Introduction

This ILM is a combination of previous ILM's: 29A, 29B, 30, and 31. Through years of on-the-job experience, this ILM was created to give skills and knowledge to correct common conditions that the esthetician will encounter. Even though some products recommended in this ILM have been initially designed for feet, these products are excellent choices—under certain conditions—for the cosmetic correction of fingernails. Always consult with the manufacturer's specifications before using any product.

Objective One

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

Describe manufacturer's specifications.

Special Products

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 cosmetic correction, 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 were originally designed for the safe reconstruction of toe nails. Because of their anti-mycotic characteristics and their suitability for attaching directly to skin, they are ideal choices to use as a barrier between the skin and the enhancement. Because Pedique is designed to be placed directly onto skin, it will not heat up during curing to an extent that will hurt a client.

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

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, and strengthening nails. It is applied to the cleansed skin and/or oil-free nail. It is hardened with a special UVA light unit. 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.

NanoFlex by Fuzion 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.

Although Pedique and NanoFlex are designed for use on toenails, they are excellent products for the cosmetic correction of abnormal and damaged nails.

Anti-microbial Agents

As a best practice, before working on any abnormal nail, regardless of its health, it 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 corrected nail 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.

When working on an unhealthy nail, such as a mycotic nail, the nail 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 nails.

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

Objective One Self-Test

1) In regards to photosensitivity, why can/cannot Pedique be cured on the skin?

Objective One Self-Test Answers

1) Pedique can be cured on the skin because it does not generate heat when cured.

Objective Two

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

Describe products, uses, and cautions.

Products for Reconstruction

It is not recommended to place regular building products directly onto the skin. These include both gel and acrylic. If placed directly on the skin, these products can cause oversensitivity through over-exposure. In addition, if these products are placed directly onto the skin, they will cause painful heat when curing. A safer way to apply these products is to apply the special toenail gel directly onto the skin to build out the desired nail plate, and then apply the regular product on top of the base layer. Because Pedique is created with flexibility in mind for the health of the toenail, it is too flexible to be used as a solo building component on fingers. A stiffer building component must be placed on top. If a technician was to only use Pedique, the reconstructed nail would likely prematurely separate from the finger, because the Pedique flexes too much when exposed to the daily rigour of the finger life. The two photographs below show a nail that has been damaged by trauma and then reconstructed with an initial layer of Pedique and then finished with a layer of builder gel and art. Acrylic is too rigid to apply on top of Pedique. If acrylic is applied on top of Pedique, the nail may be further damaged.



Caution must be taken when building out an artificial nail. If a long extension is attached to a short nail plate, the nail plate may be damaged if the nail catches.

Objective Two Self-Test

1) Why is it not recommended to use regular building products on the skin?

2) What happens if a finger extension is built using only Pedique?

Objective Two Self-Test Answers

- 1) It is not recommended to use regular building products on the skin because they may cause oversensitivity through overexposure, and they will cause painful heat when curing.
- 2) If a finger extension is built using only Pedique, the constructed nail will prematurely separate from the finger.

Objective Three

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

Describe when treatments are deferred to medical professionals.

Scope of Practice

A *scope of practice* is the procedures, actions, and processes that a person is permitted to undertake in performing their job. A scope of practice is defined within the law and limited by education, experience, training, and competency. Always consult with the authority having jurisdiction (AHJ) to be sure of a scope of practice. Examples of AHJ's include local and provincial health authorities, and Infection and Control Departments. Within their scope of practice, an esthetician cannot cut into live tissue, cannot diagnose diseases and disorders. Callus can be reduced, but not removed. Estheticians learn to recognize diseases and disorders, but cannot treat medical ailments. Estheticians can provide aid to some conditions such as excess callus reduction, and ingrown toenail prevention.

Objective Three Self-Test

1) Who should be consulted when in doubt regarding the scope of practice?

Objective Three Self-Test Answers

- 1) When in doubt regarding the scope of practice, the Authority Having Jurisdiction (AHJ) should be consulted.

Objective Four

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

Describe creating nail extensions on damaged or missing nails.

Common Conditions and Corrections

The first common condition listed in this Objective is **permanent onycholysis: nail separation that will not reattach to the nail plate**. This can happen from trauma. If permanent damage has occurred to the matrix, the ongoing growth of the nail is affected. When reconstructing this nail, do not make the extension longer than the nail bed, in order to keep the artificial nail stable and robust.

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.



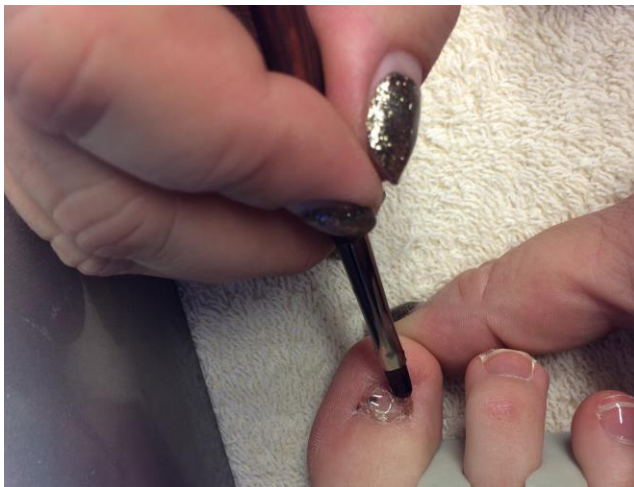
Entirely Missing Nails

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.

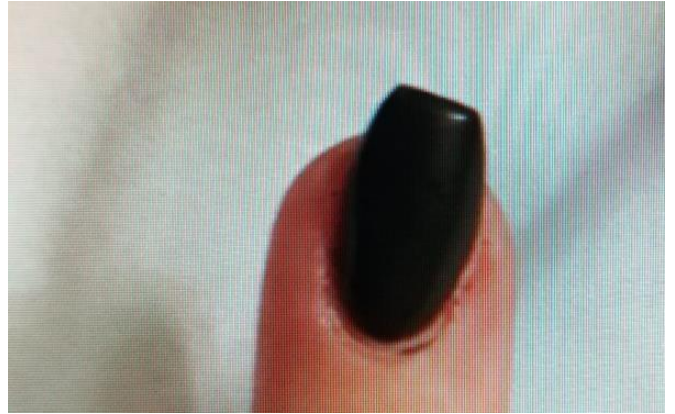


The photograph to the left shows the completed nail, with white gel used to create the illusion of an overhanging free edge.

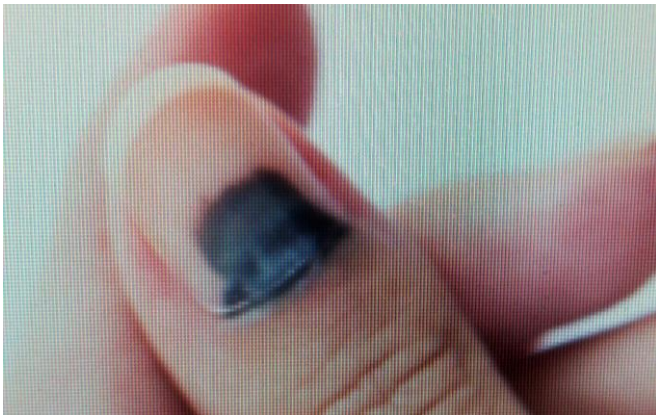
Pressure-release trauma. Clip and smooth all edges and replace with Pedique. Big concern is catching the free edge and ripping it.

Crooked Nails

The photograph to the right shows a crooked nail. Crooked nails occur when the nail grows crooked across the phalange. This condition is usually caused by trauma. In order to compensate for a crooked nail, clip the nail as short as possible, attach a form straight in line with the finger, and build the extension in line with the finger. This nail will require reconstruction more often than a healthy nail. Only a few fills can be performed until the entire nail requires reconstruction.



Pressure Release Trauma/Matrix Trauma



Any trauma to the nail in which the nail is 'squeezed' will cause the nail to turn black, as shown in the photograph to the left. For example, a nail can be hit with a hammer or be caught in a closing door. This type of trauma is known as a hematoma. Generally, this condition will grow out. As the nail plate shifts forward it may leave a ridge from under the cuticle.

The photograph to the right shows a nail that has suffered trauma. This is how a traumatized nail may look as it grows out. Trim the edges, file them smooth, and replace the missing nail with Pedique.





Sometimes a medical procedure is necessary to release the pressure built up by blood. Once the traumatized area has healed and is no longer sensitive to pain, cover the drill hole with Pedique.

Objective Four Self-Test

1) With permanent onycholysis, what is the recommended extension length?

2) How is the form aligned on a crooked nail, when a straight reconstruction is the goal?

3) When the nail plate is lost from the cuticle due to trauma, what are the steps to correct this problem?

Objective Four Self-Test Answers

- 1) With permanent onycholysis, the recommended extension length is the length of the nail bed.
- 2) When a straight reconstruction is the goal on a crooked nail, the form is aligned straight with the finger.
- 3) When the nail plate is lost from the cuticle due to trauma, trim the edges, file them smooth, and replace the missing nail with Pedique.

Objective Five

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

Demonstrate the cosmetic correction of nails.

Laboratory Exercise

Purpose: The purpose of this exercise is to perform a cosmetic correction to a damaged nail.

Work flow:

- 1) Nail preparation.
- 2) Assess the nails for corrections.
- 3) Cleanse the area.
- 4) Apply product to correct the nails. If the correction involves attaching product to the skin, use a product that is designed for that purpose.

Materials

| | | |
|--|-----------------------------------|-----------------------------------|
| Desk | UV / LED Lamp | Overhead Lamp |
| Chairs | Electric File | Cuticle Pusher |
| Dust Vent or Towel | Sanitizable Dust Brushes | Gel brushes |
| Assorted Tips | Lint-free Wipes | Files: 100 and 180 grit |
| Forms | Nail Clipper | Nail Cleaner |
| Polish Remover | Hand Sanitizer | Primers / Dehydrators |
| Bonding Component | Building Component | Sealing Component |
| Colour | Nail Oil | Hand Cream |
| Tip Cutters | Medium Viscosity Cyanoacrylate | Buffer Blocks: medium and fine |
| Toenail Gel | | |
| Electric File Bits: Diamond cone, mandrel with arbor bands (medium and fine) | | |

Instructor verification:

Module Summary Self-Test

1) What happens to the moisture content of the nail plate once product has been applied?

2) What is the safe way to reconstruct a partial nail?

3) What is a clear sign that a nail has suffered a 'pinching' force?

Module Summary Self-Test Answers

- 1) Once product has been applied, the moisture content of the nail plate rises considerably.
- 2) The safe way to reconstruct a partial nail is to apply a special toenail gel directly on the skin to build the desired nail plate, then apply regular product on top of the base layer.
- 3) The clear sign that a nail has suffered a 'pinching' force is a hematoma (black discolouration under the nail plate.)