



fabulous feet

CHIROPODY & PODIATRY CLINIC

Cosmetic Toenail Reconstruction



Our feet have a lot to put up with. They carry us around all our lives, patiently, without a second thought. They tolerate the everyday stress of standing for too long, wearing shoes which are too tight and getting way too little airing. Our feet deserve better - they should be well cared for, beautiful and on display.

Now you need no longer be embarrassed by your toenails. Look fantastic in those gorgeous heels or on the beach. Modern technology has provided the

answer to ugly, misshapen nails so that you can have total confidence in your look.



Read on to discover how you can benefit from this innovative new technique and find the answers to the many questions which you may have.

Is This a Suitable Treatment for Me?

People with the following conditions can all benefit from this type of treatment:

NAILS DAMAGED BY TRAUMA

Trauma to the nail, for example by taking part in sports, can cause the nail to split or become detached, or sometimes you just catch and tear the nail. Application of a prosthetic nail in this case will prevent the skin around the sides of the nail collapsing, therefore reducing the risk of an ingrown nail. It will also protect the nail from further damage and reduce discomfort.

AFTER NAIL SURGERY FOR INGROWN TOENAIL

Modern treatment for severe or persistent ingrown toenails usually involves a surgical procedure, under local anaesthetic, to permanently remove a section at the side of the nail. This is usually a very effective treatment but can leave the nail an incomplete shape. Cosmetic nail reconstruction can restore the nail to a beautiful shape and finish.

FUNGAL NAIL INFECTION

This is quite a common problem and it ranges from a slight infection at the free edge of the nail, to complete infection throughout the nail plate, resulting in thick, smelly, yellow crumbling nails.



It is important to treat this condition to prevent it spreading, and nail reconstruction can be used as part of the treatment plan to transform the look of the nail.

Treatment involves removing the infected part of the nail where possible (painlessly, as the nail will be unattached to the nail bed) and rebuilding to an attractive new shape and healthy colour. The resin which is used to re-build the nail contains anti-fungal ingredients which are released slowly to help prevent the infection spreading.

A solution will be prescribed to use on the nail to treat the infection or, in more severe cases, you will be asked to consult your doctor regarding a special course of tablets.

Because the treatment is carried out by a fully qualified Podiatrist you will receive correct advice regarding your treatment, in addition to an instant cosmetic 'fix'.

THICKENED NAILS



Where nails are thickened for any reason, the nail can be painlessly reduced and a new nail re-built to give an attractive shape and colour.

PSORIASIS OF THE NAIL

Anybody who suffers from the skin condition Psoriasis will know that it can affect nails in many ways. Common problems are a pitted appearance or the nail partially detaching and leaving you with only a section of nail. This can all be temporarily corrected with cosmetic nail reconstruction.

FOLLOWING TREATMENT FOR A PROBLEM BENEATH THE NAIL

Sometimes nails have to be partially removed during a chiropody treatment (painlessly, due to them being detached) to treat a problem beneath the nail, leaving the nail an odd shape. This can be corrected with this treatment.

Tell me all about it!

Firstly you will have a thorough medical consultation to assess the treatment which you will need and for advice about how your problem will be managed. It may involve, for example, advice about treating any infection and is necessary to ensure that we are looking after the health of your feet as well providing cosmetic treatment.



Your own nail will then be prepared for the treatment. This depends upon the underlying problem, but typically involves the nail being thinned and smoothed by the use of a special piece of equipment. This is perfectly painless and nothing to worry about. The nail and nail bed are then cleaned.

There are six different colours of resin and these will be carefully colour-matched with your nails according to the problem and your requirements. Therefore discolouring of the nail can be covered or the nail bed colour can be improved.

The resin is a light-curing synthetic resin which is built up in layers and cured (hardened and set) in a special UV-A light unit. It is an elastic substance specially-designed to adjust to the movements of the nails and feet. Thus the artificial nail feels completely natural, since it fits perfectly to the natural nail.

How Do They Look?

The following photographs were taken before and after nail reconstruction, with this client choosing a 'French Manicure' finish. A range of natural-looking finishes is available, according to your preferences.



Before



After

Is it completely safe?

Yes it is. The high quality materials used are hypo-allergenic which means that they can be used safely, even by diabetics and children. They contain no aggressive acidic primers which damage the natural nail plate or chemical activators which can cause health complications, especially with asthmatics.

The materials used are of the highest quality from a German Company, LCN, founded in 1914 to develop and produce high quality synthetic resins for use in dental science. Years of expertise in this field have enabled the Company to diversify and successfully develop today's highly regarded special resins for nail and foot care treatments.

You can therefore be reassured of the highest standards of safety for this procedure.

So I can treat these like natural nails then?

Yes you can. Your new nail or nails will be so comfortable that you will forget all about them. They are semi-permanent and will simply grow out like a natural nail. You can file them, apply nail polish to them and bathe, shower and swim in them.

How long will they last?

As with most things, people are different and it is not possible to give an exact answer to this. It depends on many things, for example:

- How much natural nail you already have
- The shape of your nail bed
- Whether your skin is moist or dry
- Your lifestyle and the way that you walk

There are no guarantees on this but a rough guide is around 2 months with some lasting up to 6 months. Occasionally prosthetic nails can come off earlier than this. However, when they do they usually come off whole and can be temporarily fixed on with a hypo-allergenic nail glue.

Frequently Asked Questions

Q. I have had surgery to completely remove my big toenail. Will this treatment work for me?

A. The answer to this is that it will, but not as well as in most cases. To be most effective, the new nail has to be built upon a certain amount of natural nail, as it adheres better to this than to skin. The nail may only stay on for up to 10 days. However, in contrast to shop-bought artificial nails, the nail will be flexible and constructed to fit your toe and can be fixed on again yourself using a hypo-allergenic nail/skin glue, which will let you re-use it again for a period of up to 7 days. This may provide you with a suitable solution for holidays or special occasions.

Q. I have a fungal nail infection in several of my toenails, which I cannot get rid of. What do you recommend?

A. Fungal nail infection is very common and can be extremely difficult to treat. It is a problem where 'Athlete's Foot' has spread into the nails, causing them to look thickened or crumbly. The answer to this question depends upon how far advanced the infection is. I would always recommend a treatment regime alongside reconstruction, either of drops or medication from your doctor. The nail resin contains an anti-fungal ingredient which will assist with the treatment programme.

Sometimes, for lots of different reasons, no treatment can be given. In this situation nail reconstruction can make your nails look so much better - and you feel much better about it- as you will have nails which look healthy and the anti-fungal ingredient will help to prevent the infection from getting worse.

Q. I have Psoriasis in my nails and they have a 'pitted' appearance and some keep breaking off. What can be done for this?

A. If you prefer a totally natural look, or wish to paint your toenails, we can colour-match the nails to suit, re-build the broken nails and overlay the pitted nails with a matching resin so that you have a full set of smooth and healthy-looking nails. These can be left to grow out with your natural nails or replaced if you wish. If you would like a different effect, then we can give the nails a permanent 'French Manicure' look, rebuilding the broken nails at the same time.

Q. I damaged my big toenail 15 years ago and, since then, it has never grown back the same. It is thick and ugly. Will nail reconstruction help?

A. Nail reconstruction works really well in cases like these. The misshapen nail will be painlessly thinned down, flattened and re-shaped. A new nail will then be constructed over the top of this. In this situation, the damaged nail is usually quite discoloured, therefore the resin is chosen to restore a healthy colour in addition to great shape.

Q. One of my nails has split quite low down and is really painful. Is there anything you can do?

A. This can be treated quite easily. It will help to ease the discomfort and protect the nail whilst it grows out naturally.

Expertise in Foot Care and Toenail Correction



Fabulous Feet Podiatry is the Chiropody/Podiatry practice founded by Podiatrist Julia Franklin after many years experience developing and running a very successful high street Podiatry practice in Greater Manchester.

Julia believes in making your feet look good, as well as treating problems, and has developed an expertise in Cosmetic Nail Reconstruction.

Visit the practice, either in our medical treatment rooms in Liverpool's prestigious Rodney Street or our stylish new premises in Ashton-in-Makerfield, Greater Manchester. You will enjoy a warm and caring welcome with personal

and luxurious treatments, as Julia combines her knowledge and skills with outstanding products.

You can be confident of a relaxing, friendly and professional service with advice from an expert.

For Fabulous, Elegant and Healthy-Looking Nails
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