Chapter 9 Nail Structure and Growth

Instructions: After you complete the theory review, compare your answers to the correct answers below.

1. Why is it important for you to understand the growth cycle of the natural nail?

*(Answers will vary, but may include the idea that understanding a nail’s growth cycle will help a cosmetologist perform appropriate services on clients, especially in relation to advanced techniques. This knowledge will also help the cosmetologist inform clients about when they will need to return for touch ups or new services.)*

2. Describe the appearance of a healthy nail. *(Should be shiny, whitish, and translucent in appearance, and the pinkish color of the nail bed below should show through)*

3. What can be done to reduce water loss and improve the flexibility of nails? *(Use an oil-based nail conditioner or nail polish to coat the plate)*

4. Why is it sometimes difficult to see a lunula? *(Because some lunulas are shorter than others and may be hidden under the eponychium)*

5. Name three factors that may affect the growth of the nails.

1) *(Poor health)*

2) *(Presence of nail disorders or disease)*

3) *(Injury to the matrix)*

6. What is the purpose of the cuticle? *(To seal the space between the natural nail plate and the living skin above to prevent entry of foreign material and microorganisms and help prevent injury and infection)*

7. What is the difference between the eponychium and the cuticle? *(The cuticle is dead tissue on the nail plate; the eponychium is living tissue that grows on the nail plate.)*

8. What is the function of the hyponychium? \_\_*(The hyponychium forms a protective barrier under the free edge to prevent microorganisms from invading the nail bed.)*

9. What are nail grooves? *(The slits or furrows on the sidewalls)*

10. What factors affect the growth of the nail plate? *(Nutrition, exercise, and general health)*

11. What services could a cosmetologist perform to help make a client’s nail plate thicker? *(It is not possible to make a nail plate thicker because this would require a larger matrix.)*

12. What causes the growth rates of the nail to increase dramatically during pregnancy? *(Hormonal changes in the body)*

13. What will cause the shape or thickness of the nail plate to change? *(Disease, injury, or infection in the matrix)*

14. How long does it take to replace the natural fingernail? *(About 4 to 6 months)*

15. The act of typing helps stimulate nails and make them grow. Why do you think this is the case? Once you have considered your answer, find out if you are correct by searching online.

*(The reason typing and similar activities stimulate nail growth is because they help increase blood flow in the matrix where matrix cells are formed and this helps increase growth.)*