Chapter 10 Nail Disorder and Diseases

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

1. Explain why you think it is important for a cosmetologist to be able to recognize nail disorders and diseases when working with clients.

*(Answers will vary, but may include the idea that cosmetologists have a responsibility to recognize disorders that are infectious so they can protect themselves and other clients from acquiring such infections. Because some nail conditions indicate possible health problems, recognizing specific signs and symptoms also allows a cosmetologist to help clients protect their health.)*

2. You can help your clients with nail disorders in what two ways?

1. *(Tell clients that they may have a disorder and refer them to a physician.)*
2. *(You may cosmetically improve a nail plate condition that is not a medical condition or disorder.)*

3. When should a client with a nail disorder not receive services? *(If the nail or skin is infected, inflamed, broken, or swollen)*. What should you do if any of these are present? *(Refer the client to a physician.)*

4. Describe the process of manicuring an eggshell nail. *(First, only file if needed, and then do so gently, using a 240-grit or higher abrasive board and avoiding the nail plate. A thin overlay of enhancement product may be applied, but do not extend nails beyond the free edge.)*

5. What will help correct hangnails? *(Proper nail care, such as hot oil manicures)*

6. Name four signs of infection. 1) \_\_\_*(redness)*\_\_\_\_\_\_\_\_ 2) \_\_\_\_*(pain)*\_\_\_\_\_\_\_ 3) \_\_\_\_*(swelling)*\_\_\_\_\_ 4) \_\_\_*(pus)*\_\_\_\_\_\_\_\_

7. List three possible causes of discolored nails. 1) \_\_\_\_\_*(surface staining)*\_\_\_ 2) \_\_\_\_*(a systemic disorder)*\_\_\_ 3) \_\_\_\_*(poor blood circulation)*\_\_\_

8. What is onychorrhexis is usually caused by?

1. *(Injury to the matrix)*
2. *(Excessive use of cuticle removers)*
3. *(Harsh cleaning agents)*
4. *(Aggressive filing techniques)*
5. *(Hereditary causes)*

9. Explain the proper way to care for pterygium. *(Gentle massage of conditioning oils or creams into the affected area.)*

10. What can be done to minimize the appearance of ridges?

1. *(Carefully buff the nail plate, taking care not to overly thin the nail plate.)*
2. *(Apply ridge filler.)*

11. Explain why splinter hemorrhages are always positioned lengthwise in the direction of nail growth. \_\_\_*(Splinter hemorrhages always point toward the front or the back of the nail plate because this is the way the bed epithelium rails grow.)\_\_\_\_\_\_\_\_*

12. Why is nail fungi of concern to a salon? *(Because they are contagious and can be transmitted through unsanitary implements.)*

13. Describe the stages of a typical bacterial infection of the nail plate.

*\_\_(The infection first appears as a yellow-green spot that gradually changes from green to brown to black.)*

14. Discuss some steps a cosmetologist can take to prevent the transmission of nail infections.

\_*(The cosmetologist can completely disinfect all metal and reusable implements, throw away single-use nail files, wash linens or replace them with disposable towels, and thoroughly clean the table surface before and after every nail procedure to prevent the transmission of nail infections among clients.)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Treating Nail Conditions

**Instructions:** Complete the table below by filling in the Treatment column for each nail condition listed. Explain whether the condition can be cosmetically improved in a salon or whether the client should be referred to a physician for treatment. If the condition can be improved in the salon, describe how to do so.

**Remember**: If the area to be worked on is inflamed, infected, broken, or swollen, it should *always* be referred to a physician.

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| **Nail Condition** | **Treatment**  **(including referral to a doctor when necessary)** |
| Bruised nails | Treat the nail gently. Advise clients to treat their nails carefully as well. This condition can usually be covered with nail polish or camouflaged with an opaque nail enhancement. |
| Eggshell nails | Be very careful when manicuring eggshell nails because they are fragile and can break easily. Use the fine side of an abrasive board (240 grit or higher) to file them gently, but only if needed. A thin protective overlay of enhancement product can be helpful, but do not extend these nails beyond the free edge. |
| Hangnail | If there is no sign of infection or an open wound, advise the client that proper nail care, such as hot-oil manicures, will help correct the problem. Carefully trim the hangnail, but never cut the living skin around the natural nail plate, even if it is dry and rough looking.  If there is redness, pain, swelling, or pus there could be an infection, and the client should be referred to a physician. |
| Onychophagy (bitten nails) | If the skin is broken or infected, do not attempt nail services until it has healed.  Advise clients that frequent manicures and care of the hardened eponychium can often help them overcome the habit of nail biting. Sometimes applying nail enhancements can beautify deformed nails and discourage clients from biting them. |
| Onychorrhexis | Nail services can be performed only if the nail is not split. A nail enhancement product should never be applied if the nail bed is exposed.  This condition may be corrected by softening the nails with a conditioning treatment and discontinuing the use of harsh detergents, cleaners, or improper filing. Twice-daily treatments with a high-quality, penetrating nail oil can also be beneficial. Avoid nail hardeners because these products will increase brittleness. |
| Nail pterygium | Do not treat nail pterygium, and never push the extension of skin back with an instrument because this will cause more injury to the tissues. Gently massaging conditioning oils or creams into the affected area may be beneficial.  If the condition is irritated, seems painful, or shows signs of infection, refer the client to a physician. |
| Ridges | Carefully buff the nail plate to minimize the appearance of the ridges. Be careful not to overly thin the nail plate, however, as this could lead to nail plate weakness and additional damage.  Ridge filler is less damaging to the natural nail plate and can be used with colored polish to give a smooth appearance while keeping the nail plate strong and healthy. |
| Onychocryptosis (ingrown nails) | If the tissue around the nail plate is not infected, carefully trim the corner of the nail in a curved shape to relieve pressure on the nail groove.  If there is any redness, pain, swelling, or irritation, do not provide services and refer the client to a physician. |
| Onycholysis | If there is no sign of infection or no open sores, a basic manicure or pedicure can be given. The nail plate should be short to avoid further injury, and the area underneath the nail plate should be kept clean and dry. |
| Onychomadesis | If there is no sign of infection or no open sores, a basic manicure or pedicure service may be given, but do not apply enhancements to the nail plate. |
| Tinea pedis | Advise clients to wash their feet every day and dry them completely because this will make it difficult for the infection to live or grow. Also advise clients to wear cotton socks and change them at least twice per day, and to avoid wearing the same pair of shoes each day. Tell clients that over-the-counter antifungal powders can help keep feet dry and may help speed healing. |

Chapter 10 Mnemonics for Nail Conditions

**About Mnemonics:** Mnemonics are aids that can be used to help you remember things. They can be word or phrase associations, songs, pictures, or any other method that will trigger in your memory key terms or information contained in a lesson.

Examples of mnemonics:

* If you are trying to remember the three primary areas of haircutting—blunt, graduated, and layered—you might make up a sentence using the first letter of each type of haircutting. In this case, the mnemonic might be “Brenda got lost.”
* Onychoptosis is the periodic shedding of the nail. Within the word onychoptosis is the word “chop.” You might relate the word chop to the chopping off or falling off of the nail and remember the meaning of onychoptosis.

**Instructions**: Develop a mnemonic to help you remember the meanings of each of the following terms from this chapter.

1. Beau’s line:

2. Leukonychia spots:

3. Melanonychia:

4. Onychophagy:

5. Onychorrhexis:

6. Plicatured nail:

7. Pterygium:

8. Onychosis:

9. Onychia:

10. Onychocryptosis:

11. Onycholysis:

12. Onychomadesis:

13. Psoriasis:

14. Paronychia:

15. Onychomycosis: