

Do I need to do anything before my appointment?

You will not be able to bath/shower the day of your appointment. We recommend not getting the area wet after 10pm the evening before. As we use low level UV light you will need to apply a factor 50 sun lotion to your feet 30 minutes before your treatment to protect your skin.

How long does it last?

Nail reconstruction can last anywhere from 4 -6 weeks. However, if the area gets repeatedly wet it may not last as long. If you are going abroad we recommend 20 minutes in a pool x2 a day at the most as long as the nail is dried thoroughly. If you swim regularly or play sports or are a runner you may find your nail doesn't last as long.

How much does it cost?

One nail– £50
Two nails- £60
Three nails- £70
Each extra Nail an additional £5

For new patients please note there is an additional fee of £10.

How do I hear more about the clinic?

There are lots of ways for you to keep in touch with all of upcoming news at the practice:

- You can follow us on our social media channels: Walsh Podiatry
- You can subscribe to our newsletter at www.walshpodiatry.co.uk
- You can read our blog at www.walshpodiatry.co.uk/blog

How do I book an appointment?

You can book an appointment:

- By phone: 0121 749 6313
- In person: 329 Chester Road, B36 0JG
- Online: <https://walshpodiatry.co.uk/book-online>



329 Chester Road, Castle Bromwich, B36 0JG
0121 749 6313
reception@walshpodiatry.co.uk

Nail
reconstruction

What is nail reconstruction?

Toenails can easily become damaged by trauma, sports, footwear, lifestyle, fungal infections and sometimes bad nail care. When they become damaged they can become discoloured and may grow back thicker and/ or uneven. Usually they are not uncomfortable but instead may look unsightly and becoming self conscious about this issue is a common reaction.

Nail reconstruction is a way of reconstructing a nail so that it looks and feels like a normal nail. We use a product called Pedisafe® which uses a flexible gel that is antifungal and antimicrobial so helps to protect the nail as well as improve the appearance. It also provides a protective layer making it less damaging to the nails than salon gel polish.



Am I suitable for nail reconstruction?

Nail reconstruction is a very safe treatment and is suitable for anyone with the following:

- Damaged, thickened and uneven nails
- Discoloured nails
- Cracked or lifted nails
- Lifted nails
- Fungal nails
- Psoriatic nails

Unfortunately, toenail reconstruction is **not** suitable if:

- You're pregnant
- You have active skin cancers
- You have diabetes with neuropathy
- Patients with poor wound healing
- The skin is broken/open
- Any lesions on/around nail e.g. verruca/ mole/birthmark
- You're under 16
- You're going into hospital

It is also important to note that we need approximately 10% of your existing nail remaining so that the new nail has something to adhere to. We also cannot do nail reconstruction if it is hotter than 32 degrees outside.

If you are unsure if you are suitable for toenail reconstruction our HCPC registered Podiatrists will be able to assess your nails and inform you if you are suitable.

What is involved?

After assessing your suitability, we will use an electric file to thin your nail down as much as possible. This is not painful. This process may remove much of the nail and make your nail look more uneven but do not worry because we will use this foundation to build your new nail.



After the nail has been thinned we will apply a thin gel to help give the new nail something to adhere to. We then use a low level UV light to cure this. This curing process can be quite warm so do not worry if it begins to heat up— this is normal. Once the nail has been cured we then start to build the new nail. Once this has been done we will cure the nail again and your reconstructed nail is finished. We may need to do more layers depending on the extent of the damage to the existing nail.