

Chapter 10: Nail Disorders and Diseases

Cosmetologists should have a thorough understanding of nail disorders and diseases so you can *identify conditions that should not be treated in the salon, identify infectious conditions in order to protect yourself and other clients, and recognize conditions that may signal serious health concerns and should be treated by a doctor.*

Normal, healthy nail:

- Firm but flexible
- Shiny, smooth, unspotted surface with no ridges/pits/splits
- Whitish and translucent with pinkish nail bed showing through

Nail disorder- a condition caused by injury or disease of the nail unit (p. 206)

Bruised nails- a condition where a blood clot forms under the nail plate, causing a dark, purplish spot; usually due to small injuries of the nail bed



Eggshell nails- noticeably thin, white nail plates that are more flexible than usual; weaker; can curve over the free edge



Beau's lines- visible depressions running across the width of a normal nail; usually result from major illness or injury



Hangnail- also known as agnail; the living skin around the nail plate splits and tears; result from dry skin or small cuts



Leukonychia spots- white spots; whitish discoloration of the nails usually caused by minor injury to the nail matrix



Melanonychia- darkening of the fingernails or toenails; black band within the nail plate; it is a localized area of increased pigment cells



Onychorrhexis- split or brittle nails that have a series of lengthwise ridges giving a rough appearance to the surface of the nail plate; usually the result of injury to the matrix



Plicated nail- (folded nail); highly curved nail plate; may be caused by injury or may be inherited; often leads to ingrown nails



Nail pterygium- abnormal condition where skin is spread by the nail plate; caused by serious injury



Ridges- vertical lines running down the natural nail plate caused by uneven growth of the nails; common in aging



Splinter hemorrhages- caused by physical trauma to nail bed



Pincer (trumpet) nail- nails with a greater curve due to the curvature of the matrix; can pinch soft tissue of free edge



Discolored nails- turn a variety of colors; may be surface staining, a systemic disorder, or poor blood circulation



Onychophagy- (bitten nails); result of a habit of chewing nails



NAIL INFECTIONS

- Fungi are parasites that cause infections of the feet and hands
- Fungi can spread from nail to nail on a client's feet (not likely to spread to hands as fungi like dark, warm, moist places like inside shoes)
- Proper cleaning and disinfection can prevent transmission to other clients

Bacteria can cause nail infections on both the hands and feet; bacterial infection can usually be identified by yellow-green spot that becomes darker in its advanced stages

YOU SHOULD NEVER PROVIDE NAIL SERVICES TO CLIENTS WITH BACTERIAL OR FUNGAL INFECTIONS.

Nail Diseases

Onychosis

any deformity or disease of the natural nail

Onychia- inflammation of the nail matrix followed by shedding of the natural nail plate



Onychocryptosis- ingrown nail; nail grows into the living tissue surrounding the nail



Onycholysis- lifting of the nail plate from the nail bed without shedding; usually the result of trauma



Onychomadesis- separation and falling off of the nail plate from the nail bed



Nail psoriasis- noninfectious condition that affects the surface of the natural nail plate causing tiny pits or severe roughness on the surface of the nail plate



Paronychia- bacterial inflammation of the tissues surrounding the nail; redness, pus, and swelling are usually seen in the adjacent skin fold



Pyrogenic granuloma- severe inflammation of the nail in which a lump of red tissue grows from the nail bed to the nail plate



Tinea pedis- fungal infections of the feet



Onychomycosis- fungal infection of the natural nail plate

