

## What is PediSafe nail reconstruction?

PediSafe is a professional nail reconstruction system designed specifically for damaged, broken, fungal-infected, or missing toenails. Unlike traditional cosmetic nail treatments, PediSafe is antifungal, breathable, flexible, and safe for long-term use.

## How does it work?

Pedisafe can only be placed over the top of nail that is well attached to your nail bed. Any loose nail is trimmed back and filed flat. A thickened nail will be reduced thoroughly with a podiatry nail drill to prepare it. If you have no nail, it can be attached to skin but will only last around 2 days.

A layer of adhesive gel is then applied to the nail and nail bed. After this is cured with a UV lamp, further layers of a second gel build up the shape of your new nail. It is then shaped with a file to resemble a natural toe nail. After the nail has been completed, you are able to apply nail varnish over the top or leave without for a more natural look.

**Results last** around **6-8 weeks** and will require removal in clinic  
**Treatment time** is around **30-60 minutes**

## Is it suitable for

- Damaged or missing nails from trauma
- Fungal infections (onychomycosis)
- If you have had a nail surgically removed
- Psoriatic nail issues
- Thickened or brittle nails

## It is not suitable for

- Those with poorly controlled diabetes
- Those who have lost feeling in their feet (neuropathy)
- Those with poor circulation to their feet (peripheral arterial disease)
- :Those with any known allergies to the ingredients in the products used

**An assessment for suitability is required in clinic**

## FAQs

### What's the difference between Pedisafe and other gel products?

Pedisafe is manufactured to be applied on toenails, therefore it contains antifungal and antimicrobial agents. This is because our feet are constantly in shoes and this creates a dark and humid environment, which can promote fungal growth. It is important to use products that have these properties, in order to prevent any fungal infections from developing or spreading.

### How long will my reconstruction last?

Depending on how much of the natural nail left that you have, it will affect how long your toenail reconstruction will last. If you have only 10% left of your natural toenail, it won't last as long as someone who has 80% left. But it can be anywhere from 6-8 weeks for short term use. Those who are active, such as those who walk a lot, run, exercise often or swim may find it does not last as long.

For long term use, we recommend you to follow up with your specialist after 6-8 weeks so they can check on whether it has water infiltration and is holding on properly. **We advise a break after every 3 applications of Pedisafe.**

### I have a fungal nail, will the gel make it worse?

Before applying Pedisafe, we remove most of the infected parts of the nail by clipping and drilling. This helps to ensure that the product is only applied to the healthy part of the nail. Following the preparation and aftercare advice correctly will help minimise the risk of spreading any fungus.

### Can I take it off myself at home?

We do not advise this and is not in the manufacturer's recommendations. When you book your reconstruction appointment we will also book you a removal appointment. The reconstruction will be gently drilled off your natural nail.

### Are there any risks?

Nail reconstruction is generally safe and low risk but contact the clinic if you notice:

- Lifting or detachment of the nail
- Discomfort or irritation around the nail
- Changes in colour or unusual odour
- Any signs of infection (redness, swelling, pain)