

professional med<sup>+</sup>

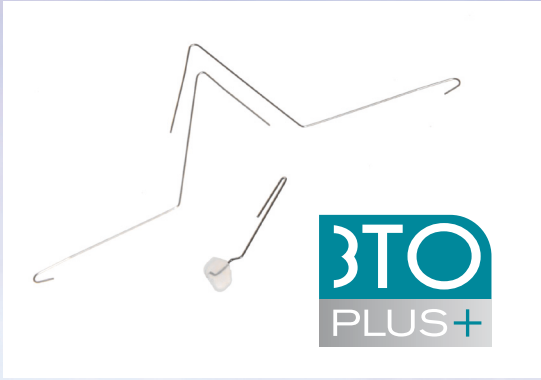


INSTRUCTIONS 3TO PLUS<sup>+</sup>®



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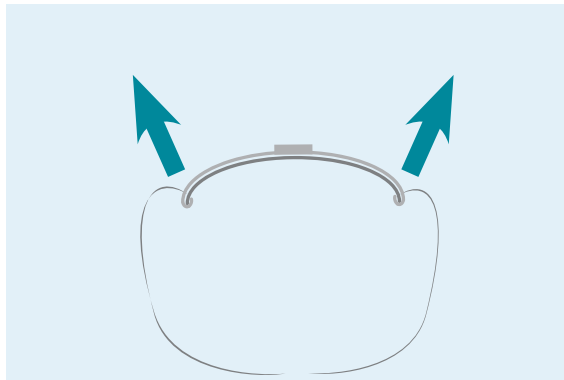
# 1. INTRODUCTION

## How does the 3TO PLUS+® brace work?

The 3TO PLUS+® brace has a constant but gentle bending effect on the nail due to the restoring force of the spring wire. This way, the brace can correct even strongly deformed nails.

By choosing the appropriate wire strength, you can optimize the brace's pressure on the nail according to your findings.

> Please note: The more curled the nail is, the higher the brace's force will be.



The wire's spring tension lifts the nail rim upwards

## Treatment aim and result

The 3TO PLUS+® therapy enables healthy nail growth.

Because it immediately lifts ingrown nails, the 3TO PLUS+® brace instantly relieves pain, thus improving the patient's general condition right away.

Likewise, strongly curled nails can also be treated successfully with 3TO PLUS+® therapy.

## 2. THE 3TO PLUS+® BRACE AND EQUIPMENT

Your profikit includes all the products and instruments you will be needing in order to apply the 3TO PLUS+® brace.

- 1) 3TO PLUS+® braces in two different strengths
- 2) Ortho Glue
- 3) Alcohol cleansing swabs for nails and braces
- 4) Needle Holder
- 5) 3TO combi bending tool
- 6) Cutter
- 7) PediGel®
- 8) 3TO-microlamp
- 9) Spatula



### Instruments

The high quality instruments are made of stainless steel or are chrome-plated. If maintained correctly, your instruments will remain fully functional and presentable for a long time.

Under no circumstances may the cutter be placed in a steriliser or an autoclave, as this may cause rusting or may loosen the blades.

## Braces

### 3TO PLUS+® 0.25

The 3TO PLUS+® 0.25 consists of two brace sides in 0.25mm wire strength and one PLUS+ Pad.  
It is suitable for all normal to thin nails.



### 3TO PLUS+® 0.30

The 3TO PLUS+® 0.30 consists of two brace sides in 0.30mm wire strength and one PLUS+ Pad.  
It is suitable for thick and hard nails.



## MATERIAL

The 3TO PLUS+® brace sides are made of surgical steel.  
This material contains a small amount of nickel.



## Sealing material

In order to seal the brace you can use the included Pedigel® that hardens under light.  
The gel is applied to the connecting piece of the brace and hardens within 25 seconds if held under the 3TO microlamp.

As an alternative you can also use any other professional nail glue.



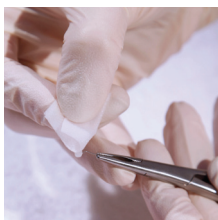
### 3. APPLYING THE 3TO PLUS+® BRACE

**ATTENTION:** Before treatment, the entire area to be treated must be disinfected thoroughly.

To do so, use either skin disinfecting spray or suitable skin disinfectant wipes. Let the area dry according to the manufacturer's product instructions.

**ATTENTION:** Please also take precautions for your own safety during treatment. Always wear gloves as well as a surgical mask. We also recommend that you and your patient wear safety glasses while you are clipping, as small pieces of wire may fly around and lead to injury.

#### Overview



1. Cleaning the nail and the brace



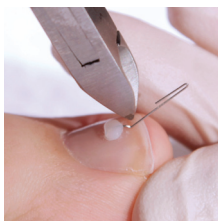
2. Finding the right position for the PLUS+ Pad



3. Applying the PLUS+ Pad



4. Adjusting the hooks



5. Trimming the PLUS+ Pad



6. Inserting and clipping the brace sides



7. Clipping the wire ends



8. Sealing the brace

## Disinfecting or sterilising the brace

The brace sides must be disinfected before treatment. If the area to be treated is infected, the brace must be sterilised. Please use approved disinfectants only and follow the manufacturer's instructions.

> Only work with disinfected instruments!

**TIPP: We recommend either sterilising the brace sides in a dry heat steriliser immediately before use, or keeping the braces sterile by storing them in an autoclave.**

## Preparing the nail fold and the nail

Remove any loose nail bits. Smooth out rough nails or gently roughen very smooth nails with a nail file.



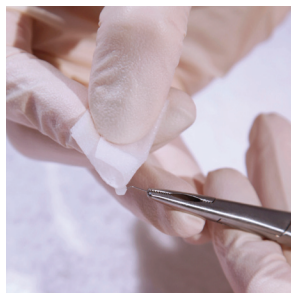
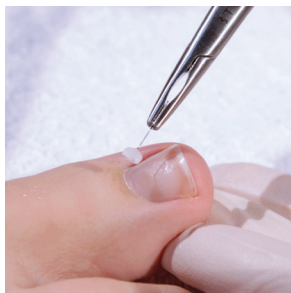
Before applying the 3TO PLUS+® brace, clean the nail fold and prepare it for inserting the hook under the nail rim. Make sure not to cause any unnecessary irritation while doing so.



Then clean and degrease the nail with the alcohol swab and let it dry completely.



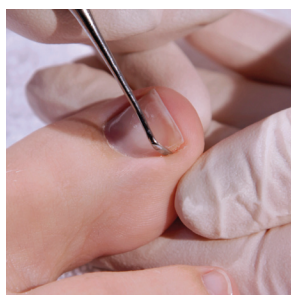
Clamp the wire loop of the PLUS+ Pad into the gripping pliers and cleanse it with the alcohol swab. Let it dry completely.



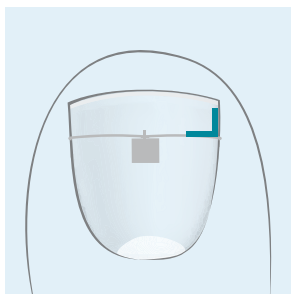
### Finding the right position for the brace

The brace is placed onto the upper third of the nail, where it has the best effect. Find a suitable spot for the hooks on both sides of the nail rim, for example by using a dual probe. Position the PLUS+ Pad accordingly.

If the nail is very curved, the PLUS+ Pad might end up being too high, if you place it onto the middle of the nail. In this case, you can also position it slightly to one side.



Depending on the form and size of the nail, it is also important to find out in which direction it is best to stick on the PLUS+ Pad. The sides of the brace must form a right angle with the nail fold once they are attached to the PLUS+ Pad. If the nail is very small and short, it might be best to turn the PLUS+ Pad at 180° before sticking it onto the nail. The position of the brace will then be further down the nail.



## Applying the PLUS+ Pad

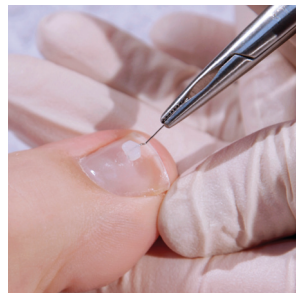
Swipe off excess glue from both sides of the brush.



Apply a thin layer of glue to the bottom side of the PLUS+ Pad.



Place the pad onto the planned nail area and press it down gently with your finger for about 15 seconds.



Then carefully release the gripping pliers.





You can improve the adhesion of the PLUS+ Pad by additionally pressing down the front wire area with the spatula.



Then let the glue harden for about 2 minutes.



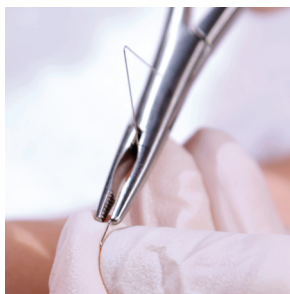
- > Use as little glue as possible. Applying too much glue will prevent the pad from sticking to the nail properly.
- > Keep the bottle rim and thread clean. If necessary, clean it with a swab.
- > Once you have tightened the lid on the bottle, open it again just slightly. This will prevent the lid from sticking to the bottle.
- > Store the Ortho Glue® in a lying position. If unopened, the glue will last 10 – 12 months. (It is best to store the unopened bottle in a refrigerator.) Once opened, the glue is best stored at room temperature and must be exchanged after 3 months.

## Bending the hooks

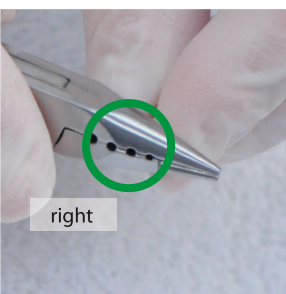
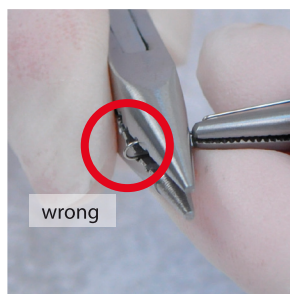
Hold the end of the brace in one line with the gripping pliers – the triangle should be pointing upwards, the hook downwards.

Depending on the desired hook size, choose one of the four holes. The holes and thus the hooks get smaller towards the tip of the combi bending tool.

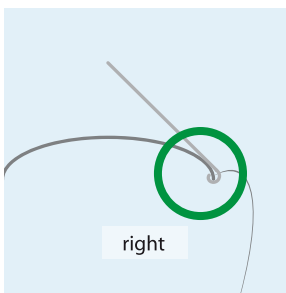
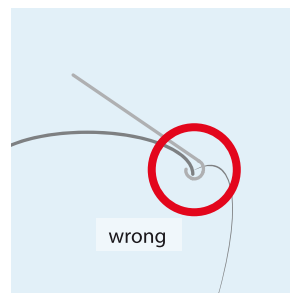
Now place the upright hook into the desired hole and press down firmly.



> The hook must not protrude from the pliers.

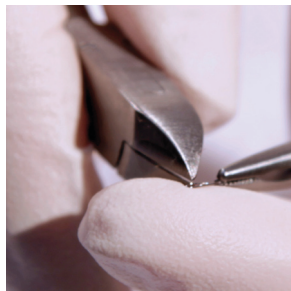


> It is important that the hook is not too big, as this would make the brace side stand off from the nail. Please choose the smallest hook size possible according to the strength of the nail.

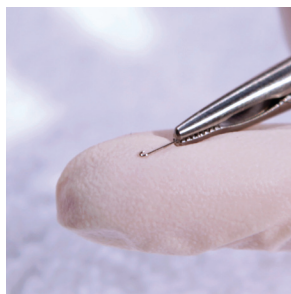


> Please make sure you and your patient are wearing safety glasses in order to protect your eyes from flying pieces of wire!

Cut the hook short with the cutter. The straight side of the cutter should be facing towards the remaining hook.



The hook must be bent round enough, because an open hook can fall out or lead to injuries when the brace is being attached to the nail.



Use a diamond nail file to deburr the hook. Use your finger to support the wire.

Then disinfect the hook.



### Clipping the PLUS+ Pad wire

Now clip the wire of the PLUS+ Pad to a length of around 3mm.

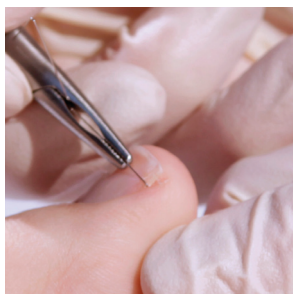
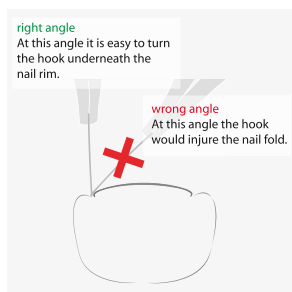


## Inserting the first brace side

Clamp the brace side with the gripping pliers and hold them like a pencil. Then pull back the nail fold a little.

Now insert the brace side into the nail fold starting from the tip of the nail. The hook should now be parallel to the nail fold with its open side facing you. Press it downward gently and turn it at 90° (a quarter of a circle) under the nail. Lay the brace side onto the nail and release the pliers. While doing so, hold the wire down with your thumb.

Then push the brace side underneath the PLUS+ Pad.

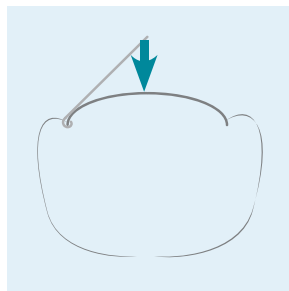


If the brace side comes loose, or if the hook is causing any discomfort to your patient (e.g. it feels too tense or even painful), remove the brace and adjust the bend in the area of brace side that touches the nail rim.

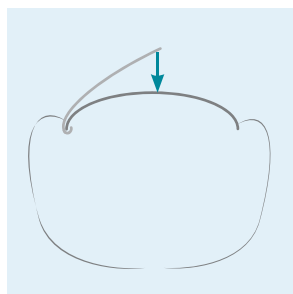
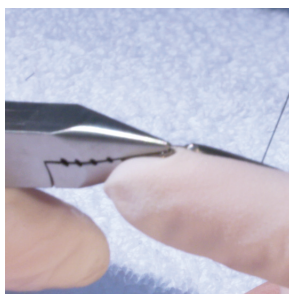
Ask your patient if the brace tension feels right. If necessary, adjust the strength of the brace side by bending it.

At the same time, make sure the brace retains the active spring tension it needs in order to be effective.

Larger tension with straight wire



Reduced tension with bent wire



### Clipping the first brace side

When the brace side is in a good position, clip it short right next to the PLUS+ Pad while gently pressing down the PLUS+ Pad wire.



### Inserting the second brace side

Bend and insert the second brace side in the same way as the first.



### Trimming the PLUS+ Pad wire end

Trim the PLUS+ Pad wire to minimal length.





## Securing and sealing the brace joint

To seal the 3TO PLUS+® brace, apply a drop of PediGel with the spatula and mould it over the wire ends.

Activate the 3TO-microlamp and harden the PediGel by lighting it for 25 seconds. Hold the microlamp at the lowest possible distance over the area to be sealed.

During hardening, a moist layer will form on the surface of the gel, which you can easily remove with a swab.



> Do not leave the PediGel jar open for long, as daylight will have a hardening effect on the gel.

If the batteries in the microlamp are empty, the gel will not harden in the usual time span, even if the lamp is still shining. In this case, please replace all four coin cells (AG3 (LR41)) (available at 3TO GmbH). You can open the battery compartment by unscrewing the cap on the rear side of the lamp. Please make sure you insert all batteries with the + side facing upwards. Please discard the batteries appropriately.





## Treating the nail (if necessary)

Cut out the ingrown nail bit until you reach the brace and remove it with splinter tweezers.

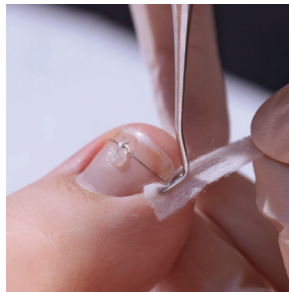
Clean the nail fold.

Plug the nail fold and apply nail fold oil or medicine. Press the tamponade gently under the nail from the side, moving from the back to the front while doing so.

If necessary, cover the toe with an ointment bandage.



> In the beginning, your patient should come in between once a day and twice a week so you can inspect the wound and, if necessary, change the bandage.



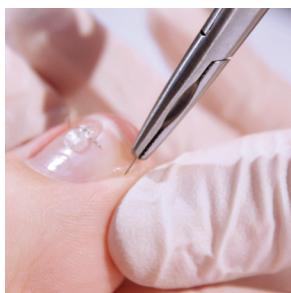
## 4. REMOVING THE 3TO PLUS+® BRACE

### Removing the brace

To remove the brace, simply clip the brace sides with the cutter and remove them.

The PLUS+ Pad can be clipped with the cutter or raised with the spatula, and then lifted from the nail.

If the desired treatment result is not yet attained, a new brace must be inserted.



**The 3TO PLUS+® brace is replaced every 6-8 weeks until the desired treatment result is attained.**

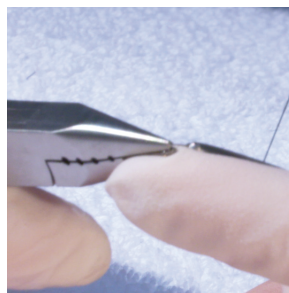
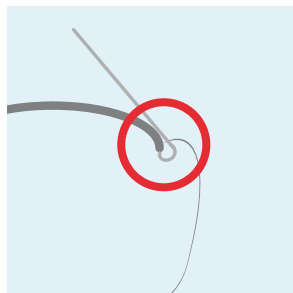
## 5. PROBLEM SOLVING

**Problem:** The hook will not stay underneath the nail rim. The brace side is coming loose.

**Solution:** Rebend the hook

First, check whether the hook is inserted correctly underneath the nail, or whether it is possibly just poking into the nail.

If the brace side is coming loose although it has been inserted correctly, it will have to be rebent in the nail rim area (see page 14).



**Problem:** Inflamed nail fold - If the nail fold is very inflamed, you cannot insert the hook underneath the nail rim.

**Solution:** podofix® or COMBIped®

If you cannot hook the brace side under the nail rim due to inflammation, you can apply a podofix® brace or a COMBIped® brace.



## 6. FURTHER ADVICE

**ATTENTION! In order to avoid accidents and injuries, please follow these instructions as well as all disinfecting rules!**

### **What to look out for during therapy:**

- > If the patient should suddenly be in pain after the brace has been inserted, they must consult the therapist immediately.
- > If the wire ends disturb the patient, they can cover the brace with a normal plaster themselves.
- > Even though the patient might feel very comfortable with the brace, they must avoid physical activity until the inflammation has subsided.
- > In case of hypergranulation, the toe must be kept absolutely dry (for approx. 3 to 5 days). When showering, the patient must put a plastic cover on their foot to protect it from getting wet.
- > As the 3TO PLUS+® brace is made of slightly magnetic material, it should be removed before computer tomography for safety reasons. This is not necessary for x-rays.

### **Safety instructions**

- > Always wear gloves when working!
- > For your own safety as well as that of your patient: you and your patient should both wear safety glasses while you are working on the brace!
- > The brace must not be transferred from one patient to another!
- > If applied incorrectly, the brace may lead to the following side effects:
  - Stinging or pricking caused by incorrectly bent or insufficiently deburred wire pieces
  - Infection combined with stinging pain due to insufficient disinfection
  - Injuries caused by flying pieces of wire during clipping



**ATTENTION! The glue will stick together skin or eye lids within seconds.**

Contains cyanoacrylate. Irritates eyes, respiratory organs and skin. Avoid contact with eyes and skin. In case of contact with eyes or inner organs, immediately consult a doctor. Do not inhale.

Avoid contact with wounds. Protect wounds before treatment. Should you accidentally stick skin together, do not rip it apart. Instead, soak intensely in warm soap solution or carefully ease apart with acetone.

Keep out of reach of children.

### General treatment information

- > Before treatment, you must inform the patient on the desired effect of the brace as well as its possible undesired side effects.
- > Ask your patient to come in for a check-up
  - after 1 to 3 days in severe cases
  - after 3 to 6 days in normal cases
- > Treat any inflamed areas appropriately and apply a bandage. A doctor needs to be consulted regarding any inflammation.
- > If the nail is strongly deformed, the brace might loosen or come off. In this case, remove the entire brace and re-insert it close to the original position.
- > After successful treatment with a 3TO PLUS+® brace, you can apply a podofix® glue-on brace to support straight nail growth. This will stabilise the nail in its new position and prevent it from rolling or ingrowing.

## Maintaining your instruments

After disinfecting and cleaning your instruments, you can also apply standard instrument care spray. This will ensure long-term functionality and presentability of your instruments.

The joint of the cutter can be kept flexible and smooth by applying a drop of special oil for instrument care after cleaning and disinfecting.

## Notes on the sealing material

> Do not leave your jar of Pedigel® open for longer than necessary, as daylight will have a hardening effect on the gel.

> Please note that the batteries in the microlamp will last for approx. 50 treatments with a lighting span of 25 seconds each. Should the sealing gel not harden after a maximum lighting span of 30 seconds, or should the gel become soft or rubbery, this will be due to dying batteries. In this case, please replace all 4 coin cells in the microlamp.

> You can purchase suitable coin cells (AG3 (LR41)) via 3TO GmbH or in electronic stores. You can open the battery compartment by unscrewing the cap on the rear side of the microlamp.

**! Please discard used batteries appropriately!**



The 3TO PLUS+® brace® is designed for one-time use only.



Please read these instructions carefully prior to your first treatment and observe all information.





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