



**B/S**<sup>®</sup>  
SPANGE  
*Quick*

# Instruction

A step-by-step guide

# Instruction - B/S brace Quick

## A step-by-step guide

### Points to note before treatment

The B/S brace must not be applied to diseased nails, e.g., fungal disease, psoriasis, onycholysis, etc.

- No footbaths
- No disinfectants
- No application of oils or lotions
- No nail polish remover
- No wet grinding!

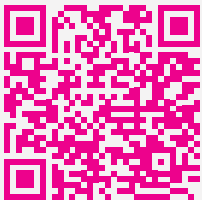
### Point to note after treatment

- Seal the affixed B/S brace with our B/S glue.
- The sealant is resistant to acetone or nail polish remover.
- Final treatments can only be carried out after sealing, e.g., applying lotion, oil, nail polish, tamponade or wound care.

### training video

If you prefer to watch a video, you are welcome to visit our website:

[www.bs-spange.de/en/bs-brace/training-videos](http://www.bs-spange.de/en/bs-brace/training-videos)



#### *How do I scan a QR code?*

Open the camera or a QR code scanner app on the smartphone. Hold the camera over the QR code. A link will appear, please tap it and now you can select the appropriate training video.

## Further important notes

- The batch number of the glue can be found on the cap and is the expiration date. **Example: batch number 1025, expiration date October 2025.**
- Do not wipe the brush of the glue on the neck of the bottle as this will result in the cap getting glued. This also makes sure you have the perfect amount of glue.
- The glue and the activator must not come into contact with each other to avoid negative consequences:
  - › The shelf life of the glue will be shorter
  - › The glue will get stringy
  - › The bottle content will dry up
- Freeze the glue! The shelf life of the glue is extended by the time it is kept in the freezer. **CAUTION:** The glue must be applied at room temperature, approx. 21 to 24° C. Please also ensure that the B/S adhesive is applied at an air humidity of at least 40%, as it no longer polymerizes below 40%.
- Test the activator: Run the pen over a sheet of paper. If it releases liquid, it is still working. **Important:** Always close the activator pen tightly!
- If the tensile force of the brace is too strong after affixing it, just carefully grind both ends of the brace thinner. If necessary, grind the entire brace thinner.



### 1. Preparing the nail

For the firm and secure fixing of the B/S brace, it is necessary to grind and roughen the nail plate. Thick nails should be filed down to make them thinner.

Use a diamond or corundum grinder to roughen the surface of the nails.



### 2. Determining the B/S brace size

The B/S brace should span the entire visible nail plate. The carrier foil has a measuring template printed on its side. Place the template across the nail. When the lines of the template match the side edges of the nail, you have found the right brace size.

#### *Placing*

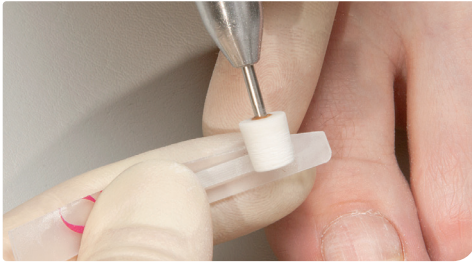
The best result with the B/S brace can be achieved when the B/S brace is affixed 1 to 2 mm behind the area which is causing pain.



### 3. Cutting the carrier foil

Completely cut off the B/S brace in the determined size with a pair of scissors. This will give you a short and a long tab. Do not touch or clean the B/S brace.

Always store the Quick carrier with the B/S braces in its protective foil and bag.



#### **4. Preparing the brace**

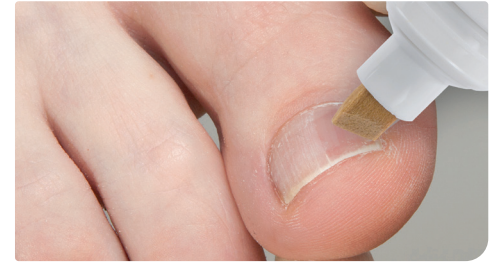
Using a diamond or corundum grinder, grind the ends (**approx. 2 to 4 mm**) of the B/S brace **thinner on the rough side**. Thus, the ends can be pressed to the nail more easily and do not stick out.



#### **5. Degreasing**

After determining the size of the B/S brace, **degrease the entire nail surface with one drop of B/S cleaner on a swab**.

Wipe the nail dry with the dry part of the swab.



#### **6. Applying B/S activator**

Now apply a layer of activator across the nail with the **B/S activator pen**.

The activator is necessary for the secure and immediate bonding of the glue.



## 7. Applying B/S glue

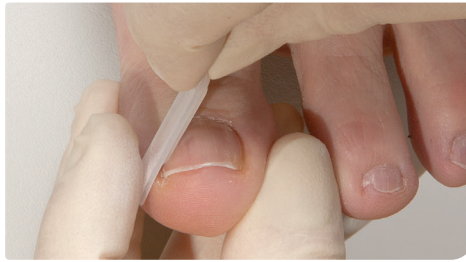
Hold the chosen B/S brace as shown and, taking into consideration the size of the brace, apply a small drop of B/S glue to the centre of the brace.

### Hint:

Our instruction is based on the standard size 18. The larger the B/S brace, the more glue is needed.

**Possible alternative:** Apply the glue directly to the nail and the activator to the brace.

You can find more about the alternative method on our website [www.bs-spange.de](http://www.bs-spange.de)



## 7.1. Correct fixing

Take hold of the long tab of the brace carrier. Place the short tab with the B/S brace 1 to 2 mm behind the area which is causing pain onto the side edge of the nail and press this side of the B/S brace onto the nail with your finger for approx. 5 seconds.

### Our tip:

Keep calm!

If possible, avoid slipping during pressing and do not work without supporting yourself. Support yourself on the patient's foot.

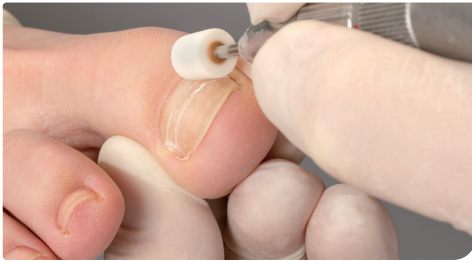


## 7.2. Proper affixing

Without lifting the short pad from the nail, run your right index finger across the carrier with the B/S brace to the opposite nail fold and press it in place for approx. 10 seconds. Do not pull on the long tab!

## Removal of the B/S carrier

Carefully remove the carrier foil. Carrier residue on the nail and on the brace should be removed. The B/S adhesive must be dry prior to further treatment.



### **8. Individually adjusting the tensile forces**

If your patient feels an unpleasant pulling or tension pain after affixing the B/S brace, the tension is too strong.

In this case, you have to gently grind the ends of the affixed B/S brace thinner or, if this does not prove sufficient, the entire B/S brace.

#### **Your advantage:**

Corrective adjustments to the B/S brace can be made on the nail!

Brace ends sticking out can be ground off if less than 1 mm.



### **9. Cleaning the nail with B/S cleaner**

Please remove the activator before sealing the nail. Put a drop of B/S cleaner onto a swab and wipe over the nail plate. This removes the activator previously applied.

#### **Caution:**

The activator must not come into contact with the glue, as otherwise the glue will dry out.



### **10. Sealing**

Seal the nail with the B/S brace already affixed with the B/S glue to make it particularly secure and water-resistant.

This sealant is resistant to acetone or nail polish remover!

Brush the B/S glue like nail polish over the entire nail surface.



### **11. Further treatment**

Once the sealant is dry (after approx. 5 minutes), standard nail care can be continued:

- Tamponing of the nail fold
- Applying ointment dressings
- Applying nail polish
- Footbaths
- Applying lotions and oils

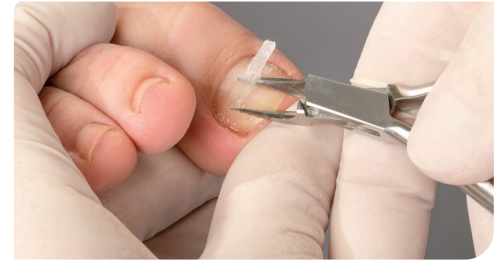


### **12. Removing the B/S brace**

It is best to use straight blade nail pliers to remove the B/S brace. Place the pliers at one edge, between the brace and the nail.

This way you can easily burst the sealing coat and carefully remove the B/S brace from the nail (see pictures above).

The glue, which acts as a sealant, can now be milled off.





## *Optimisation of the corrective treatment*

The best correction of an ingrown nail is achieved when a new B/S brace is applied **every 4 weeks**.

It can also stay affixed to the nail for a longer time - until it comes off by itself. However, it has **little to no lifting force after 4 weeks**.

If necessary and if there is enough space between the nail root and the first B/S brace, a second B/S brace can be affixed to the space after one month or later.

### **Caution:**

Pay attention to the lifting forces when using two B/S braces.






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