

WET OR DRY?

A CRITICAL LOOK AT THE FOOT CARE TECHNIQUES



Foot care devices have become an essential part of the everyday life of a podiatrist and foot care professional. Rotating instruments simplify the work immensely and make the treatment much more pleasant for the patient/client. Two different techniques have become established on the market. Based on this comparison, both techniques, the "wet technique" and the "dry technique" are critically reviewed.

Wet technique

The mode of operation of the wet technique is logical and easy to understand. With the help of a fine water nebulisation, the resulting fine dust from the treatment field is bound. In the meantime, the technique has become so advanced that a very good fine dust binding can be guaranteed with the appropriate spray solution. In the following, we present some pros and cons of the wet technique.



- Fine dust binding due to fine spray mist
- Pleasant working in the nail fold due to the softening of the cornea and the light on the handpiece
- Cooling of the treatment area is pleasant for the patient
- Low-noise working



- Spray mist too cooling for some patients, especially in winter
- Cutter can only be used up to a certain size
- The effect of fine dust binding depends on the device used
- Allergic reactions/drying of mucous membranes due to spray mist ("protection of the practitioner" is not guaranteed)
- Contamination of the work area (aerosol from spray solution and fine dust settles in the work area, dusts are distributed throughout the room by room thermics)

Dry technique

The dry technique, also called extraction technique, binds the fine dust produced by the extraction into a filter bag. The dry technique is the most widely used technique for foot care devices. Why the dry technique is so popular and which problems can arise with the dry technique will be shown here with an overview of the pros and cons.



- Permanent dust binding and easy disposal via a filter bag
- Extraction efficiency of up to 95 %, depending on the device used
- Very low-weight and ergonomic handpieces with integrated extraction system
- Good price-performance ratio of the units
- TOP measure is the use of devices with suction technology for medical foot care in order to protect employees from the risk of infection. (Source: BGW check; risk assessment in therapeutic practices; p. 34)



- No cooling possible for the patient (however, the patient's natural reflex protects against severe burns and if the correct working technique is used, the cutter does not run hot)
- Working in the nail fold is a little more difficult
- Noise level slightly higher

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Both techniques certainly have their advantages and disadvantages. The wet technique promises somewhat easier work, the dry technique convinces with a permanent dust binding. And this is exactly where the main problem of the wet technique lies: no permanent dust binding can be guaranteed. The mixture of spray solution and fine dust (partly pathogenic germs) forms a precipitation in the working area. As soon as the spray solution has evaporated, the room climate is heavily polluted by fine dust.

If countermeasures are not performed with wipe disinfection after each treatment, in extreme cases germs may be spread. A transfer of pathogens to the following customer cannot be ruled out. This is also the opinion of the BGW (Berufsgenossenschaft für Gesundheitsdienst und Wohlfahrtspflege), which recommends the use of dry technique to protect against the risk of infection.

The protection of both practitioner and customer is RUCK's top priority. After careful evaluation of both foot care techniques, we have come to the conclusion that the disadvantages of the wet technique outweigh the positive points. We see clear advantages of the dry technique, which is why you will not find a wet technique in our assortment. Instead, we are constantly working on the further development of the PODOLOG series to make the dry technique even better.

