

# MEDINAIL WARNING ALERT

From Dr. Robert Spalding President of MediNail Learning Center ( [www.MediNail.com](http://www.MediNail.com) )

RE: Towel Warmers burns potentially leading to Lawsuits



Scald Hazard	
Water Temperature (°F)	Time to 3rd Degree Burn*
155°	1 second
148°	2 seconds
140°	5 seconds
133°	15 seconds
127°	1 minute
124°	3 minutes
120°	5 minutes
100°	Safe temperature for bathing

MediNail.com advises if you are using towel warmers of any type to perform soak less, waterless pedicures or even pedicure tub hot water soaks, be sure to check the temperature settings for any client with any form of **neuropathy** and/or serious vascular issues whether diabetic neuropathy or neuropathy due to trauma, chemotherapy or any of 16 various causes of neuropathy. These pedicure clients with these high-risk medical problems can possibly be burned thermally with heat. This can be accelerated if you are using callus remover products with potassium hydroxide (potash); you can be injured by chemical burns.

Over the last 3 years, Dr. Robert Spalding, the President of MediNail.com and a practicing podiatrist has been consulted and testified in court regarding several thermal and chemical burns from pedicures using hot towel warmers. He says, “these injuries have a common denominator, using too hot towel applications as more nail techs switch to wrapped wet hot towel applications for possible fear of infections from pedicure tubs.

However, in the case of hot towel applications, clients are unable to easily withdraw their feet from the hot temperature when their feet are wrapped and sometime additionally wrapped with plastic to trap even more temperature to the lower extremity. Pedicure tubs at least have a cool water source or basin having a means to cool the legs down quickly. People who have advanced neuropathy simply cannot “wick away” the heat from their body as those who have intact sensation and good vascular systems.

Many times, towel warmers are shipped pre-set at the hottest setting at or above 140 to 170 degrees Fahrenheit or 60 to 76 degrees centigrade which can scald bare skin if used at these temperatures. If you apply a set of towels and then wrap the legs or feet with the highest temperatures and you have any type of high risk vascular or neuropathic medical problems with or without diabetes, you should use a highly reduced temperature setting closer to normal

body temperature. **It is best to cool down the towels before application to avoid burning highly neuropathic or vascular impaired patients who cannot always feel if they are being burned.**

Dr Spalding says, “If you are not familiar with these types of high-risk pedicure clients or would like to learn more about these type of spa injuries or salon lawsuits and how to avoid them, I invite you to free introductory classes from the MediNail Learning Center that you can educate yourself 24 hours a day 365 days a year from your own home.” This hot towel information is found in the MediNail Master Series.

Please also download this MediNail Salon **Towel Warmer Warning** to share with your friends. Please distribute this free vital information with all your nail salon or cosmetology professionals and post this information on all social media sources to educate the salon community about hot towel injuries in high-risk patients. Contact

[DrRspalding@gmail.com](mailto:DrRspalding@gmail.com) or enroll at [www.medinail.com](http://www.medinail.com) to view more free information.