





## PodoExpert® waterless pedicure

Before beginning a pedicure service it is imperative that the client first complete (or update) a Client Health Form, which lists all important health issues.

- 1. Wash and dry hands. Apply Allpremed® hand expert REPAIR or PROTECT, and don medical gloves.
- 2. Remove client's shoes and place their feet on a disinfected pedi-stool which has been covered with a clean, disposable or washable covering.
- 3. Thoroughly spray each shoe with PodoExpert® shoe and foot deodorant. Set shoes aside to dry.
- 4. If client suffers from bromhidrosis, spray the skin of the feet and between the toes with PodoExpert® shoe and foot deodorant.
- 5. Inspect client's feet carefully, including the skin between and under the toes. Note any areas of concern.
- 6. Prepare a Foot Care Plan and discuss it with the client. Foot care is a partnership between you and the client. It is an ongoing process not a one-time event. A successful foot care plan requires education, cooperation, and patience.
- 7. Clean and deodorize client's feet using PodoExpert® pedi-wash. Remove with new disposable paper towel or a clean, dry pedicure towel.
- 8. Apply PodoExpert® Liquid Gold callus softener spray to each foot from a distance of 4" focusing on thick skin, calluses, corns, and cuticles. Let penetrate for up to 3 minutes.
- On one foot, begin removing excess callus and thick skin by using the coarse side of a disinfected or disposable, single-use pedicure file. Ensure the file you use does not cause micro or macro tearing

- of the skin. Do not reduce callus or thick skin by more than 10% to 20% each session.
- 10. Using the fine side of the pedicure file, smooth and finish the skin. Reapply PodoExpert® callus softener spray if required. Complete other skin work as required (corns, etc.) *If using an e-file, ensure skin is dry first before reducing skin.*
- 11. Repeat steps 8 to 9 on the other foot.
- 12. Remove residual skin debris from each foot using a damp towel. Dry the skin thoroughly.
- 13. Spray cuticles with PodoExpert® Liquid Gold callus softener spray and carefully perform cuticle work on both feet. Remove debris.
- 14. Buff nail plate using a fine grit buffer. Clean and dry nails. Apply PodoExpert® healthy nails to moisturize the nails and prevent fungus related issues. If the client requests nail polish, omit using PodoExpert® healthy nails. (PodoExpert® healthy nails is compatible with gel polish. Apply PodoExpert® healthy nails after the gel top coat has been cured.)
- 15. Using the PodoExpert® foam of your choice, hold the can upright, shake well, and dispense a walnut sized amount of foam into your hand. Massage foam into one foot. Repeat on the other foot. PodoExpert® Foams can be applied between the client's toes without concern of occlusion.
- 16. For massage (ensuring there are no contraindications), use PodoExpert® dry cracked skin without Urea or PodoExpert® cracked heel cream. Do not apply heel cream between toes.