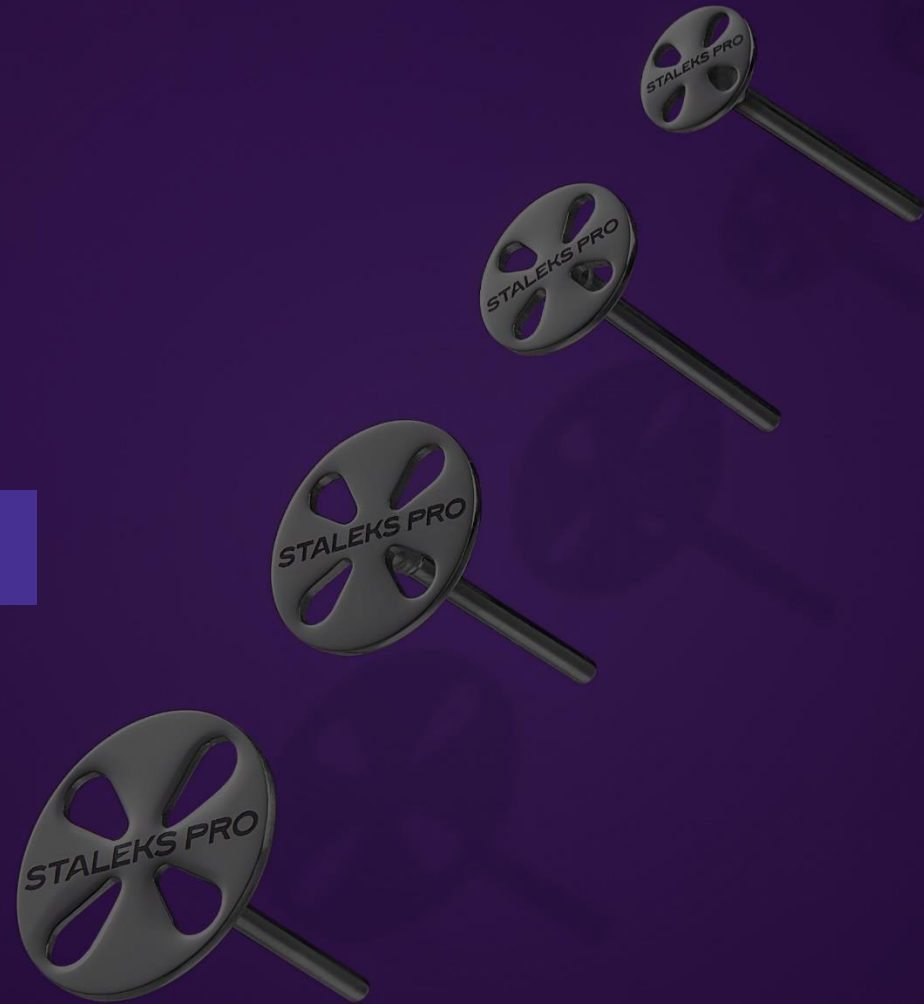


 STALEKS PRO

PODODISC

PEDICURE DISCS WORK TECHNIQUE



Pedicure disc PODODISC from STALEKS PRO is an innovative nail drill machine nozzle that is used to perform hardware pedicure. Special disposable abrasive files are attached to the surface of the pododisc.

PODODISCS have ideal geometry, due to which during the procedure at any speed there is minimal beating, while the handle of the device does not "break" (in case of service device timely). The surface and edges of the disc are carefully polished, which prevents the risk of client injury.

THE USE OF PEDICURE DISCS HAS ADVANTAGES FOR BOTH THE TECHNICIAN AND THE CLIENT:

- **Technician efforts reduction** - compared with a foot file or nail drill bit, a disc is much easier and more comfortable to work with.
- **Reduction of the procedure duration** - the disc allows you to increase the speed of the procedure at least two times.
- **Multifunctionality of the tool** - a pedicure disc is a multipurpose tool that allows you to solve many different tasks: removing coarse skin, opening cracks, removing gel polish, and more.
- **Improving pedicure quality** - due to a special movement trajectory, the disc qualitatively removes rough skin, not leaving the slightest flakes. This pedicure lasts much longer.
- **Economy** - disc allows you not to use keratolytic and other means to prepare the foot before processing. The cost of disposable files is much lower than pedicure caps.
- **Safety** - using disposable removable files minimizes the risk of infection.



THE MAIN ADVANTAGES OF PODODISC over the abrasive cap:

- The cap wraps the skin over itself, which leads to micro-tears.
That is why it is recommended to work with the cap only according to the pattern of the foot, and it still leaves a "fringe." The disc does not wrap the skin over itself but cuts off the skin. Therefore, following the technique of working with a pedicure disc, the result of the work will be better and will last for a longer time.
- Disposable files for STALEKS PRO discs are made of a water-resistant base with silicon carbide crystals dusting, while the caps are mainly composed of aluminum oxide. Silicon carbide is the best choice for working with skin. It gently removes the stratum corneum without damaging it due to its physical properties.
- The cap can work maximum at a speed of 10 thousand revolutions and with a disc at 25-30 thousand, which allows the disc to be more efficient and faster.
- The effective area of the PODODISC is bigger, which also reduces the pedicure procedure time.
- The cap can only be used on dry skin. The disc can be used both on dry skin and on wet skin. When the foot is moistened during the pedicure process, fewer dust flies, and the technician works more comfortably.



PODODISCS ARE AVAILABLE IN SEVERAL MODIFICATIONS AND DIFFERENT SIZES:

Pedicure disc PODODISC EXPERT with drop-like holes PDset, PDLset:

- made of high-quality stainless steel;
- due to drops does not overheat, has less weight;
- 4 diameters of the working part for different purposes;
- 2 leg lengths depending on the type of nail drill machine:
PDset for devices with a collet chuck - 27 mm
PDLset for devices with a vacuum cleaner - 37 mm;
- subject to sterilization in a dry heat cabinet and autoclave;
- subject to disinfection with special means;
- the term of use is unlimited (if follow the recommendations for use).



Vendor code	Name	Working part material	Working part shape	Working part diameter, mm	Leg length, mm	Weight, g	Sterilization	Disposable files (vendor code)	Nail drill machine
PDLset-10	Elongated pedicure disc PODODISC EXPERT XS and set of disposable file 180 grit 5 pc (10 mm)	metal	flat	10	37	1,8	high temperature	PDF, PDFS, PDFB	with a vacuum cleaner, power 100-300 W
PDLset-15	Elongated pedicure disc PODODISC EXPERT S and set of disposable file 180 grit 5 pc (15 mm)	metal	flat	15	37	2,5	high temperature	PDF, PDFS, PDFB	with a vacuum cleaner, power 100-300 W
PDLset-20	Elongated pedicure disc PODODISC EXPERT M and set of disposable file 180 grit 5 pc (20 mm)	metal	flat	20	37	3,3	high temperature	PDF, PDFS, PDFB	with a vacuum cleaner, power 100-300 W
PDLset-25	Elongated pedicure disc PODODISC EXPERT L and set of disposable file 180 grit 5 pc (25 mm)	metal	flat	25	37	4,3	high temperature	PDF, PDFS, PDFB	with a vacuum cleaner, power 100-300 W
PDset-10	Pedicure disc PODODISC EXPERT XS and set of disposable file 180 grit 5 pc (10 mm)	metal	flat	10	27	1,48	high temperature	PDF, PDFS, PDFB	without a vacuum cleaner, power 60-100 W
PDset-15	Pedicure disc PODODISC EXPERT S and set of disposable file 180 grit 5 pc (15 mm)	metal	flat	15	27	2	high temperature	PDF, PDFS, PDFB	without a vacuum cleaner, power 60-100 W
PDset-20	Pedicure disc PODODISC EXPERT M and set of disposable file 180 grit 5 pc (20 mm)	metal	flat	20	27	3,04	high temperature	PDF, PDFS, PDFB	without a vacuum cleaner, power 60-100 W
PDset-25	Pedicure disc PODODISC EXPERT L and set of disposable file 180 grit 5 pc (25 mm)	metal	flat	25	27	4,1	high temperature	PDF, PDFS, PDFB	without a vacuum cleaner, power 60-100 W

Disposable files for PODODISC:

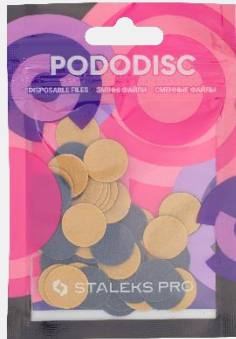
- **high-quality abrasive** - does not crumble during use, provides high-quality processing of the feet
- **reliable adhesive base** - ensures the safety of the procedure
- **do not soak in water** - pre-treatment of feet with keratolytic / softening oils or other means does not affect the properties of the file

- the diameter of the disposable files is several millimeters smaller than the surface of the pedicure disc so that the file does not go beyond the edges of the disc and the risk of the client injury is eliminated

IMPORTANT! The file must be fixed right in the center of the disc

- 4 types, 5 grit values, depending on the degree of roughness of the foot

Black disposable files



White disposable files



Disposable files with thin foam layer

- reduce pressure on the skin of the foot



Sponge Files

- used for grinding and polishing



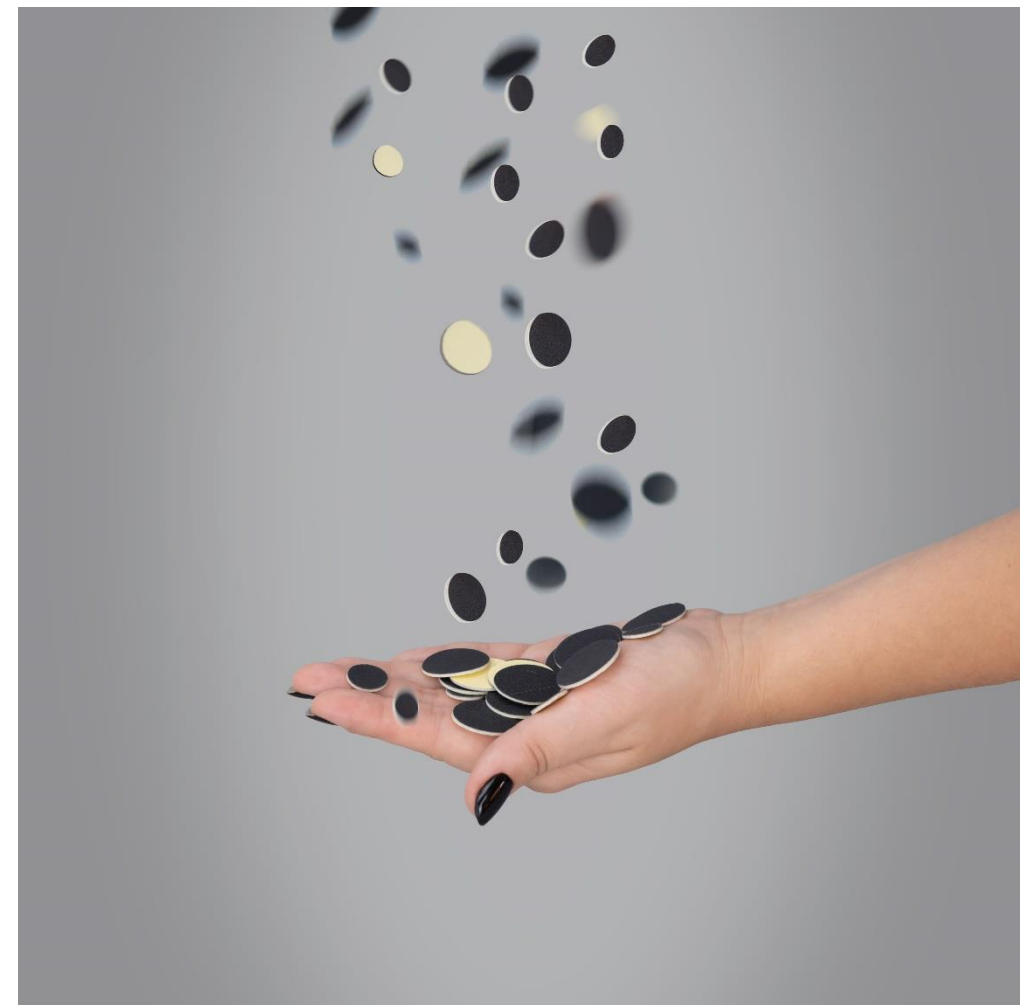
10 mm	15 mm	20 mm	25 mm
PDF-10-100	PDF-15-80	PDF-20-80	PDF-25-80
PDF-10-100	PDF-15-100	PDF-20-100	PDF-25-100
PDF-10-180	PDF-15-180	PDF-20-180	PDF-25-180
PDF-10-240	PDF-15-240	PDF-20-240	PDF-25-240
PDF-10-320	PDF-15-320	PDF-20-320	PDF-25-320

10 mm	15 mm	20 mm	25 mm
PDF-10-100w	PDF-15-80w	PDF-20-80w	PDF-25-80w
PDF-10-100w	PDF-15-100w	PDF-20-100w	PDF-25-100w
PDF-10-180w	PDF-15-180w	PDF-20-180w	PDF-25-180w
PDF-10-240w	PDF-15-240w	PDF-20-240w	PDF-25-240w
PDF-10-320w	PDF-15-320w	PDF-20-320w	PDF-25-320w

10 mm	15 mm	20 mm	25 mm
	PDFS-15-80	PDFS-20-80	PDFS-25-80
PDFS-10-100	PDFS-15-100	PDFS-20-100	PDFS-25-100
PDFS-10-180	PDFS-15-180	PDFS-20-180	PDFS-25-180
PDFS-10-240	PDFS-15-240	PDFS-20-240	PDFS-25-240
PDFS-10-320	PDFS-15-320	PDFS-20-320	PDFS-25-320

15 mm	20 mm	25 mm
PDFB-15	PDFS-20	PDFS-25

GRIT VALUE	USE
80 grit	Very coarse areas of the foot are locally processed with 80 grit abrasive. This abrasive is recommended for technicians with at least a month of PODODISC experience. And it is not recommended to use for beginners
100 grit	Abrasive 100 grit is intended for processing very coarse areas and opening cracks, and processing pseudo-cracks. This abrasive does not work as aggressively as 80 grit
180 grit	Abrasive 180 grit can be used for the foot's primary processing during an aesthetic pedicure and for processing the foot's entire surface after working with an abrasive of 80 or 100 grit. For smoothing the line between processed and unprocessed skin. For removing gel polish, shaping the nail plate's free edge, thinning the nail plate, work with onychogryphosis
240 grit	Abrasive 240 grit is for removing gel polish, polishing the nail plate, shaping the nail plate's free edge, thinning the nail plate, and working with onychogryphosis polishing the entire surface of the foot, lateral nail folds, pads of the toes, and the foot's sides
320 grit	Abrasive 320 is used to finish foot and toes polishing. Used when perfect polishing is not needed, or there is a risk of slipping the foot in the shoe (e.g., for older people). Work on polishing agents is possible
Sponge file (400 grit)	Polishing feet to a glossy effect. It is recommended to apply it on wet skin or using pedicure oil. In this case, the result after the procedure will last up to 6-8 weeks





RIGHT

WHEN REMOVING THE LINER AND APPLYING A DISPOSABLE FILE TO PODODISC:

- 1** DO NOT TOUCH THE ADHESIVE BASE
- 2** TAKE A DISPOSABLE FILE ALONG THE CONTOUR WITH CLEAN, DRY GLOVES
- 3** USE TEDF-10/1 TWEEZERS FOR DISPOSABLE FILES
- 4** THE SURFACE OF THE PODODISC MUST BE CLEAN AND DRY, WITHOUT RESIDUES OF DISINFECTANTS AND OTHER PRODUCTS
- 5** LEAVE 1 MM FROM THE EDGE OF THE PODODISC SO THE FILE DOESN'T INJURY THE CLIENT



NOT RIGHT

BEFORE STICKING A DISPOSABLE FILE TO PODODISC:

- 1** TREAT HANDS IN GLOVES AND PODODISC WITH AN ANTISEPTIC OR DISINFECTANT - CONTACT WITH A DISPOSABLE FILE; THERE IS A RISK OF SOFTENING OF THE STICKY LAYER
- 2** TAKE THE FILE WITH GLOVES ON WHICH THE REMAINS OF CARE PRODUCTS
- 3** STORE DISPOSABLE FILES IN THE SUN

PREPARATION FOR PROCESSING THE FOOT WITH PODODISC:

- 1 Evaluate the condition of the foot:
 - If the foot is soft without coarseness, use soft abrasives - 180/240/320 grit
 - If the feet are coarse or there are cracks, calluses, corns on them - use coarse abrasives 80/100 grit
- 2 Select the size of the pododisc and stick the suitable file to it.
IMPORTANT! The file should not go beyond the edges of the pododisc. In this case, the client could be injured. The diameter of the file is made 1 mm smaller than the diameter of the disc. The edge of the pododisc is polished and rounded, which excludes the possibility of client injury.
- 3 Make sure that the file is tightly stuck to the pododisc so that it does not slide off during work (see slide 7 - main mistakes and rules for sticking a file).
- 4 Put the pododisc in the handle of the nail drill machine until it stops, raise it 1 mm, and snaps it.
- 5 Choosing the speed of work (revolutions per minute).
- 6 Start processing the foot in accordance with the technique.
IMPORTANT! We work with the disc as easily as with a feather, do not press it to the foot! Keeping the tilt angle!
- 7 **In case when the pododisc is used correctly and the speed of processing the feet are appropriate - the forward or reverse operating mode of nail drill machine does not affect the working process.**



XS disc - 10 mm diameter:

- processing of calluses, hard-to-reach places, skin on fingers
- removing gel polish, shaping the free edge of the nail

Disc S - diameter 15 mm:

- convenient for work in hard-to-reach places: "opening" cracks, removing interdigital and core calluses

Disc M - diameter 20 mm

- medium multi-purpose size can be used for solving various tasks, convenient for processing heels

Disc L - diameter 25 mm

- the fastest option for processing the whole foot
- due to its size, it decreases the procedure time as much as possible



DEPENDING ON THE SIZE OF THE DISC SET THE SPEED OF THE NAIL DRILL MACHINE

For 20 - 60 W DEVICE

Size	Basic processing of the foot, revolutions	Circular polishing
XS	10 - 30 000 cracks	10 000
S	10 - 30 000 cracks	10 000
M	30 000	15 000
L	25 000	15 000

For 60 - 100 W DEVICE

Size	Basic processing of the foot, revolutions	Circular polishing
XS	10 - 30 000 cracks	10 000
S	10 - 30 000 cracks	10 000
M	25 000	15 000
L	20 000	15 000

For 100 - 300 W DEVICE

Size	Basic processing of the foot, revolutions	Circular polishing
XS	10 - 20 000 cracks	5 000
S	10 - 20 000 cracks	5 000
M	20 000	10 000
L	15 000	10 000



	Primary processing	Grinding	Polishing	Cracks opening / calluses, corns removal (spot processing)	Gel polish removal
PODODISC size	M, L	M, L	M, L	XS, S, M	XS, S
Work speed	Slide 9	Slide 9	Slide 9	Slide 9	Slide 9
Tilt angle	30°	30°	10-15°	45°	15°
Movements	support on the little finger, movements from top to bottom and from side to side	support on the little finger, movements from top to bottom and from side to side	support on the little finger, circular movements along the entire aureole of the foot and toes	support on the little finger, movements from the center of the crack to one side, then to the other side, slightly pulling the edges of the crack with a non-working hand	support on the little finger, straight movements towards oneself from the lunula to the edge of the nail
Abrasive	180 grit	240 grit	320 grit / Sponge file	80 / 100 / 180 grit	180 grit

Common mistake	Description	Advice
Black foot	A burn of the foot in case of improper work with PODODISC / the technician pressed the disc to the foot too hard, and a cut occurred / too coarse abrasive was used / not only the stratum corneum was removed, but also the living tissue.	<ol style="list-style-type: none"> 1. Do not file off the stratum corneum completely - the pedicure will last longer if grinding and polishing are carried out on a thin layer of stratum corneum. 2. During the foot processing with PODODISC, use wet wipes to remove dust to control the degree of the stratum corneum removal during the process.
Pink foot	The stratum corneum is completely removed, there is no burn, but the skin is slightly damaged / too coarse abrasive used / there was a cut.	<ol style="list-style-type: none"> 3. Use the method of palpation (press on foot with your finger) to determine how close you are to living skin. 4. Advise the client to apply a skincare product to the skin at home.
Client feels "hot"	The technician presses the pododisc too hard to the foot / too coarse abrasive used	<ol style="list-style-type: none"> 1. Before foot processing - evaluate its condition and choose abrasives at the first stage and the means with which you will do the pedicure. 2. During the foot processing with PODODISC, use wet wipes to remove dust to control the degree of the stratum corneum removal during the process.
White stripes	The technician presses the pododisc too hard to the foot / too coarse abrasive used	Use a crack opening technique to clear the strip.
"Sock" effect	Peeling along the aureole of the heel/foot is not completely processed, but only the coarse part of it	Grinding and polishing with a softer abrasive is recommended to be carried out, capturing not only the aureole of the foot but also the delicate areas of the skin around the foot
Lack of polishing	The client's foot is covered with coarse skin again in 1-2 days	Do not skip the polishing step and do it correctly according to the recommendations and technique.

There is a certain sequence of disinfection and sterilization of the instrument that must be followed.

Stages of processing manicure tools:

- disinfection
- pre-sterilization cleaning
- sterilization

All instruments are considered infected after use and must be disinfected. The procedure is also necessary before starting work with new tools.

After use, the instrument must be cleaned of coarse organic (anatomical) residues and wholly immersed in a disinfectant solution.

IMPORTANT! Exclude washing tools under running water to avoid the spread of infectious pathogens by splashes.

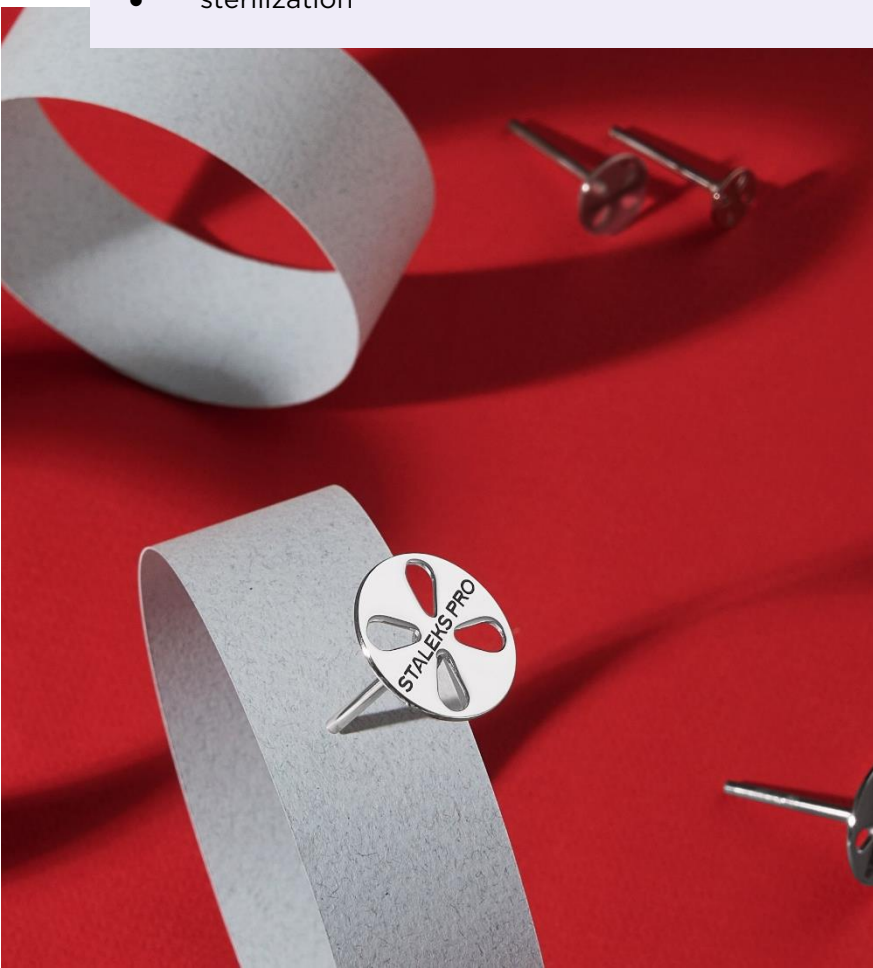
During disinfectants choosing, preference should be given to those that instructions for use indicate activity against hepatitis B, C, and dermatomycosis viruses.

It is recommended to use disinfectants that contain a corrosion inhibitor. Corrosion inhibitor reduces the tool corrosion rate.

It is better to use demineralized or distilled water to prepare a disinfectant solution and washing solutions.

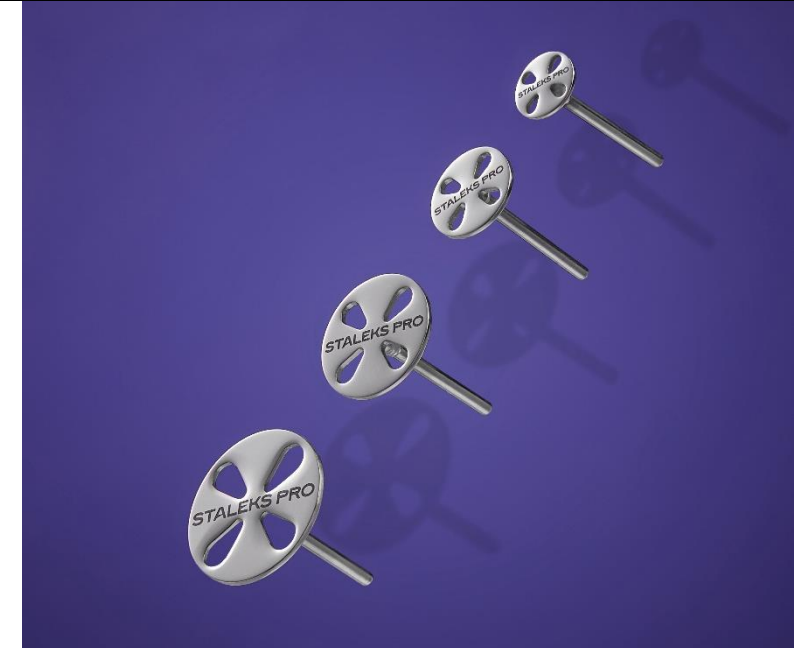
IMPORTANT! During disinfection, carefully follow the instructions for the use of the product you have chosen! Failure to comply with the rules for the solution preparation and the exposure time can cause corrosion and loss of cutting properties of the tool.

After the disinfection procedure, it is necessary to rinse the instrument with water to remove the residues of the disinfectant solution and dry the tool thoroughly.



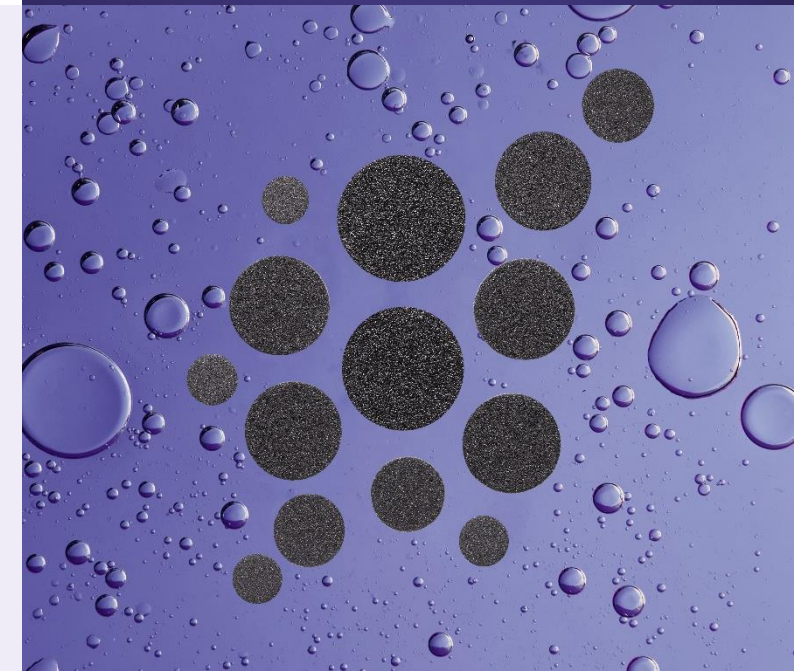
STERILIZATION METHODS AND TEMPERATURE CONDITIONS :

Sterilization method	Devices	Sterilization temperature, °C	Overpressure of water steam, atm.	Sterilization time, min
Steam	Autoclaves	132	2	20
		120	1,1	45
Dry air (dry heat)	Dry heat sterilizers	180		60
		160		150



IMPORTANT

- During sterilization using high temperatures, residues of disinfectant or just water can lead to corrosion.
- During sterilization in autoclaves and dry air sterilizer, the maximum permissible temperature must not be exceeded, or the sterilization time must not be lengthened (see table above). Such actions lead to a decrease in the corrosion resistance of the steel from which the manicure tool is made.
- After sterilizing in autoclaves and the dry-heat sterilizer, leaving the steel instrument in an autoclave or dry-heat sterilizer is essential until it cools down (at least an hour). Otherwise, with a sharp temperature drop, the physical properties of steel are destroyed (the hardness of the metal decreases), and the tool will need to be sharpened much more often.





Thank you for the attention!

