



ARKADA's METHOD

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THE ONLY PROCEDURE IN THE WORLD
ELIMINATING PROBLEMS CAUSED BY
INGROWN TOENAILS

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A BREAKTHROUGH IN THE WORLD OF SURGERY AND PODOLOGY

Ingrown toenail is a condition which affects people all over the world. Women, men, teenagers and children alike suffer from it. They are often not aware of the possible cures for this ailment. In many cases a visit to a doctor results in nail plate removal. However, such drastic methods are not always required.

It is considered that ingrown toenails are noticed ever more often and that patients are not so willing to subject themselves to the surgical treatments commonly prescribed today. Every surgeons' and podologists' surgery should be equipped with equipment and tools allowing for the best, quickest and non-invasive treatment of a patient. Ingrown toenail correction procedures not only bring relief to a patient but there is more to them than just the aesthetic dimension. They avert complications in, for example, diabetic foot syndrome prevention.

The correction of ingrown toenails is becoming ever more popular not only abroad, but also in Poland. Adrian Arkada has met a large number of patients struggling with ingrown toenail problems. The challenge for him was to find a way which preserves the correct shape of the deformed nail plate. Never before did he treat ingrown toenails and as such did not have the knowledge of individuals performing onychia procedures. Thus, the young constructor's thoughts were not restrained in any way. He was able to let his technical knowledge, gut feeling, ingenuity and creativity take the reins and as a result invented a 100% safe and innovative tool, the **Arkada's Cube**.

*"Mostly, I like the smile on my patients' faces just after the procedure...
Arkada's Method is not only used to treat ingrown toenails...
the method brings happiness to our patients"*

ADRIAN ARKADA
Inventor

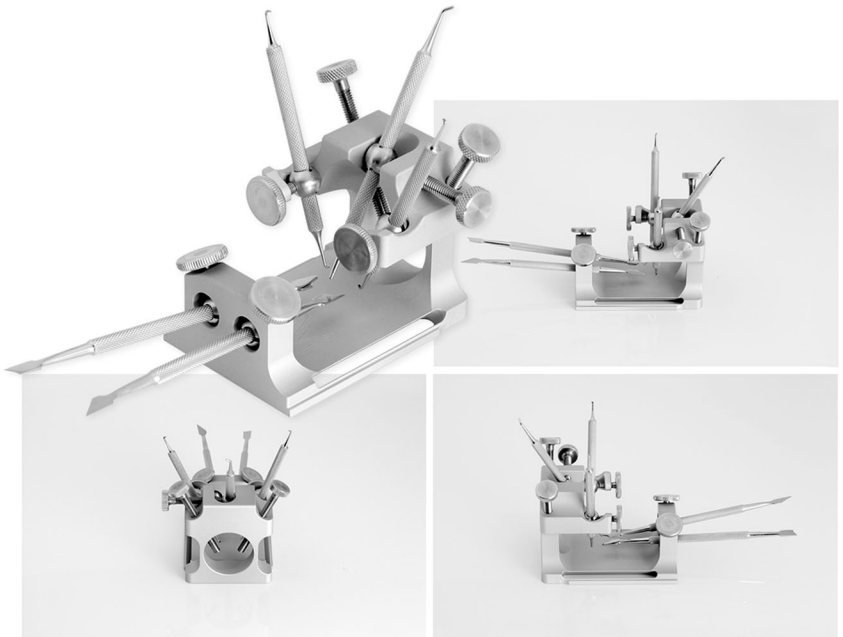


Unguis Incarnatus, or an ingrown toenail, is a common problem which affects nearly 15% of the population. It can affect any toe but it usually affects the large toenail. Statistically, men, women and teenagers between 15 and 40 suffer most often from ingrown toenails.

An innovative tool for a non-invasive treatment of ingrown toenails. Arkada's Method is a fast and effective solution to this civilisational problem. After just one treatment, the pleasure of walking and running is returned and the nails take on a new, healthy and aesthetic look.

The affected toe is placed in a body made using a special alloy. The toe is stabilised using pins. There are five places in the body with openings for articulated tools used to shape the nail plate correctly.

These articulated tools act like two additional pairs of hands. These tools include specially profiled hooks and blades used to peel back the infection or nail folds and to stabilise the nail plate. All the accessories and the tool itself may and should be disinfected and sterilised. The tool is designed for correcting ingrown and deformed toenails. Multiple, and even lifelong usage is made possible by the types of metals used for its production. It is also possible to use disposable accessories.



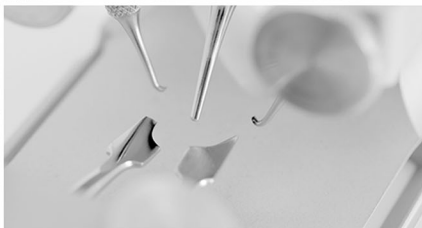
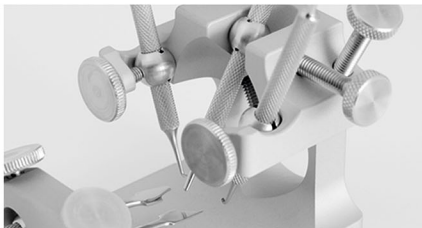
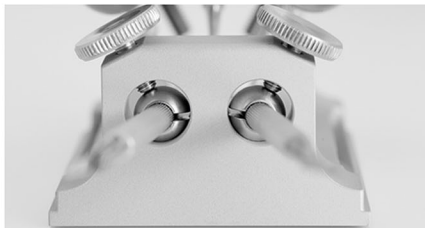
AMAZINGLY SIMPLE PROCEDURE

The procedure is done in 30-40 minutes. It can be performed without difficulty by anyone familiar with the tool. It can be boldly asserted that a single application of Arkada's Cube can achieve results which, with clamps, would take 4 - 5 months and even longer in more chronic cases. Specialists, until now working with clamps, have quickly been converted to the innovative method. What differentiates it from clamps is that we are working on the entire surface of the nail plate and not just one spot at a time. We create a skeleton for the plate and at the same time form the nail fold, which makes it possible for the plate to grow freely without resistance from the fold. The procedure, apart from the health treatment also reinstates aesthetic qualities to the plate, so important for so many people today. It is of great psychological value to those using a swimming pool or sauna, other words everywhere where bare feet are a necessity, but also for everyday self confidence.

The procedure is carried out using blades which also constitute the framework - skeleton "an extension of the plate edge". The blades are a base for the acrylic mass, which is used to extend the cut out portion of the nail. In the event of nail deformation, we use appropriately profiled blades and peel back the nail plate edges. Then the edge of the nail is additionally supported by hooks, achieving the correct form and shape of the nail plate. The blades also allow us to keep the nail in a correct position and augment the nail using the acrylic mass. The reconstructed plate will limit the nail fold and new growth will be held in a correct position, preventing a recurrence of deformation. The special acrylic mass was created by Arkada international laboratories. It contains mineral silver particles with anti-bacterial characteristics, due to which it can be safely used during the procedure. Once the acrylic mass has been applied correctly, we can achieve a natural nail plate effect.



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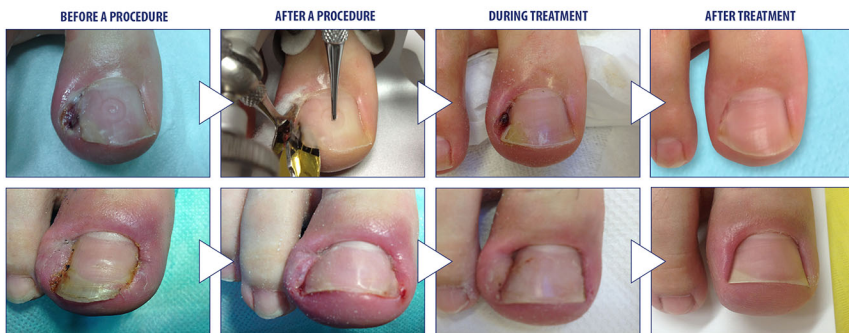
Arkada's Method corrective procedure is recommended for those suffering from ingrown toenails. However, it is often used as an alternative to surgical procedures or after procedures which did not bring the expected results. For those, who've tried all available treatments, and their effects have worn off, in many cases this is the only method available to solve their problems for good. Patients feel a great relief after just one visit, which in most cases is sufficient for the ailment to be cured entirely. Usually just one procedure is required, however in some cases monthly check-ups are necessary as well as some degree of cooperation from a patient. During follow up visits we are able to make small corrective adjustments in order to achieve the desired results. The number of follow up visits depends on the type of plate and the lesions accompanying the in growing. The only contraindications to carrying out the procedure are neoplastic transformations or nail plate atrophy.

The procedures are carried out at a surgeon's or podologist's surgery. The person carrying out the procedures should be trained within the scope of specialised nursing and feel comfortable in the field of ingrown toenails. With the safety of staff and patients in mind, the surgery should be equipped with the tools required for treatment of and working on the nail plate, nail file drill with an extractor and unconditionally, an autoclave. A comfortable, professional podology chair will ensure the patient's comfort and facilitate the specialist in carrying out a professional and precise procedure. Every person working with the use of Arkada's Method has to have had completed professional training within the scope of the tool's usage. For a specialist, performing a procedure using Arkada's Cube constitutes an innovative solution, the only one of its kind in the world. Disposal pads, disinfectants, primer, acryl and liquid, disposable file and polish for acryl are required to carry out the procedure. The financial outlay to complete a single procedure is very low. Products from the A.Arkada line will help in the process of correct shaping of the nail plate.



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IMMEDIATE EFFECTS



TOOL CAPABILITIES

Arkada's Method allows for work to be done on even the most complex cases. We may use additional accessories during a procedure in order to attain the desired effect. It is possible to carry out 100% safe procedures on patients suffering from diabetes as well as those with neuropathy and mycoses.



It is very important to educate a patient subject to a treatment on the need to correctly trim and care for nails. To this end an information pamphlet was put together which every patient receives after treatment. Non adherence to the specialist's instructions creates a risk of the deformation occurring again.



A.ARKADA COSMETIC LINE

ACRYL WITH SILVER ODOURLESS LIQUID

POWER OF SILVER - STOP FUNGUS



Complicated ingrown toenail cases, which are accompanied by an inflammation, paronychia, onycholysis or nail mycosis have inspired us to initiate works on a new product. The priority was to create a substance, the chemical composition of which would allow for the treatment of ailment lesions as well as achieving an aesthetic effect. The combined knowledge of our specialists in cooperation with the best laboratories in the world have led to the creation of a acryl formula which, after polymerisation exhibits antibacterial and antifungal properties. The development genesis for the second product which we launched - Odourless liquid also has its roots in our long practical experience. Customers and Patients often complained about the irritating, unpleasant smell of the Liquid used until now in cosmetics. Often it led to headaches and nausea. We observed a need to develop a product, which would meet expectations both in terms of its medicinal properties as well as those associated with smell. Considering all of the above factors, our specialists have developed the Odourless liquid.



TEA TREE
OIL



PURE
COLLAGEN



FOOT & HAND
THERAPY

REGENERATION SKIN AND NAIL COLLAGEN SERUM



A. Arkada brand Collagen Serum is an excellent preparation, made on the basis of a combination of natural substances with modern scientific technology. The Collagen Serum combines the following highly potent ingredients: Collagen, Glycerine and Melaleuca Alternifolia Oil (Tea – Tree Oil). Recommended use: antifungal, antibacterial, prevention of secondary infections, allowing for the complex delivery of required protective nourishing properties for the correct treatment, for nursing scars, scalds, it smooths and acts as an antiseptic – care for acne skin, phlegmonous acne. **Collagen** is responsible for the correct water balance in epidermis, due to which it moistens and conditions it (softens and smooths). **Melaleuca Alternifolia Oil** (Tea – Tree Oil) is an extraordinary cosmetic used to treat infections and bacterial skin problems. Easily absorbable by the skin and with antibacterial properties against anaerobic bacteria causing acne. Does not cause excessive skin dryness and irritation. It helps with healing; due to those properties this oil prevents acne scars.

REGENERATION OF DRY SKIN

CREAM FOR CRACKED FOOT SKIN



An innovative A. Arkada brand cream for cracked heel, hand, elbow and knee skin.

Developed on the basis of natural ingredients such as lanolin and beta-glucan in combination with a unique fragrance composition results in an intensively moisturising skin product. Lanolin is responsible for, among other, regulating the hydrolipid balance of the skin which in turn reduces its tendency to crack. Beta-Glucan is responsible for stimulating the skin's immune system cells reducing the time needed for injuries to heal, regenerates skin structure and soothes irritations. Oil from Sacha Inchi peanuts, which contains exceptionally high concentrations of unsaturated Omega 3, 6 and 9 fatty acids. It affects the regeneration of the skin's natural hydrolipid barrier. Lavender oil has antibacterial and antifungal properties. It soothes irritations and prevents skin inflammations. Sage oil delays skin ageing processes and soothes inflammatory conditions. Rosemary oil is has antiseptic, antibacterial and antifungal properties, effectively helps to make skin more supple.



FOOT & HAND
THERAPY



