

## **Mid-America Foot and Ankle Specialists Medicare Services**

*Let your feet and toenails look and feel their very best.*

### **What is a Medicare?**

A medicare is a medical pedicure. Sterilized instruments are used under the supervision of a physician to provide advanced toenail and foot skin care. A medicare is a spa-like treatment that incorporates professional products, allows for medical treatment of challenging toenail and skin issues, and still provides the ultimate in pampering.

### **Who can benefit from a Medicare?**

Everyone! Our techniques and products are safe for everyone. We welcome children, diabetics, expectant mothers, as well as anyone wanting healthy feet and toenails. We use all natural products in a clean environment ensuring the utmost care and quality.

### **Why get a Medicare?**

We not only provide a clean, private, pedicure experience but the expert evaluation of a physician as needed. We can individualize your medicare to tackle touch problem areas such as:

- Unsightly fungal, ingrown, or damaged nails
- Dry, fissured and cracked skin
- Excessive foot sweating or Athletes' foot
- Painful calluses and much more!

*Talk to your Medicurist about your toenail and skin concerns today and let us tailor our expert services to fit your individual needs!*

### **Basic Medicare....\$58**

Service Includes:

- Application of Gehwol Disinfecting Lotion to kill bacteria and prepare skin for treatment
- Old toenail polish removed, if needed, using all natural non-solvent remover
- Gehwol foam callus softener and hot towel wrap to open skin pores
- Toenail trimming, shaping, & cuticle work
- Callus and corn filing
- Gehwol Jojoba oil, Vitamin E, and Wheat Germ protective nail serum treatment
- Gehwol Avocado, Algea, and Urea Hydroliod Heel treatment

- Lower leg and foot rub-down with Gehwol Herbal Mint Lotion or other selection
- Polish Application if desired  
*We use Dr. Remedy's anti-fungal, moisturizing polishes that are free of harmful solvents. Bottom and clear top coat are included with color choice.*

### **Advanced Medicare....\$72**

Service Includes:

- Application of Gehwol Disinfecting Lotion to kill bacteria and prepare skin for treatment
- Old toenail polish removed, if needed, using all natural non-solvent remover
- Gehwol foam callus softener and hot towel wrap to open skin pores
- Toenail trimming, shaping, & cuticle work
- Callus and corn filing
- ***Gehwol Bamboo and Honey Peel to exfoliate skin and leave it smooth***
- ***Gehwol Avocado Fusskraft Foot and Leg Vitality Mask revitalizes tired and damaged skin***
- Gehwol Jojoba oil, Vitamin E, and Wheat Germ protective nail serum treatment
- Gehwol Avocado, Algae, and Urea Hydroliod Heel treatment
- ***Foot and lower leg message with Gehwol Rosemary Oil Emulsion***
- Lower leg and foot rub-down with Gehwol Herbal Mint Lotion or other selection
- Polish Application if desired

### **Medicare Upgrades**

*Add any of the following services to your medicare package....*

Anti-fungal nail or foot treatment....\$6  
 Treatment for chronically sweaty feet....\$4  
 Advanced callus removal by physician....\$8

### **KeryFlex Toenail Restoration**

*Let Mid-America Foot and Ankle Specialist give you confidence with the way your toenails look.*

**What is toenail restoration?**

Complete toenail restoration is a safe and healthy alternative for unsightly fungal, damaged, or ingrown nails. The KeryFlex system is available only through doctor's offices and uses polymer resins to create a cosmetically pleasing artificial nail.

**Is the new nail safe for my existing nail and skin?**

Yes, it does not damage the underlying skin or nail like other artificial nail alternatives. A KeryFlex nail can be done on one or all of the toes depending on your individual need. It is safe for children and diabetics with sensitive skin.

**How long will the artificial nail last?**

The Keryflex nail is flexible yet durable and looks like a natural nail. The trained staff will build the nail right on your existing nail bed. The artificial nail generally lasts 6-8 weeks depending on how fast your own nail grows.

**Will it completely replace my toenail? Will my own toenail continue to grow?**

Your own toenail will continue to grow making Keryflex artificial nail perfect to cover a damaged nail that is slowly growing out. If there is irreversible fungal damage or trauma to the nail it can completely replace your nail as a long term cosmetic option. The new nail generally needs to be applied every 6-8 weeks to obtain a natural looking nail.

**Can I treat the toenail fungus while covering up the old nail with the KeryFlex Restoration?**

Yes! Keryflex can protect your new nail that is growing in while covering up the unsightly fungal toenail. It is the perfect cosmetic solution for great looking nails while you are working with your doctor to treat the fungus. You may be a candidate for oral anti-fungal medication. Talk with the Podiatrists at Mid America Foot and Ankle Specialists about your treatment options.

**Can I polish the nail or leave it natural?**

Both! The KeryFlex nail is natural looking and will look very similar to your other nails when unpainted. It will not be damaged by repeated polishings or traditional acetone toenail polish remover. (However we recommend non-solvent polish remover as it is healthy for your skin.) Polish your new nail yourself or let one of our Medicurest do it for you!

**Will the artificial nail withstand shoe pressure and the repeated mechanical stress of exercising such as jogging or swimming?**

Yes to all of the above. The nail will generally not be damaged by exercising or swimming, letting you show your feet with confidence!

**How long does nail reconstruction take?**

Complete toenail restoration generally takes about 15 min for one nail. If getting all ten nails restored plan on dedicating at least an hour to your medicure. Our trained staff will use advanced techniques to give you the healthy, natural looking nail you want.

**Can the KeryFlex nail be removed at any time?**

Yes. Simply file it off with an emery board and make an appointment with your medicurest and let us do it for you. If you do not remove the nail it will simply grow out as your regular nail grows. The KeryFlex nail can easily be trimmed with regular nail clippers.

One Nail....\$48

Two - Five Nails....\$82

Six - Ten Nails....\$123

Touch-up, not requiring full nail rebuild....\$39

Mid-America Foot and Ankle Specialists now offer the latest advances in skin and nail care for your feet at both our locations:

*Maer Building  
2800 NE 60th Street  
Gladstone, Mo 64119*

*Next to Liberty Hospital  
550 Rush Creek Pkwy  
Liberty, Mo 64068*