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Lasers Nail Fungus Pre & Post-Treatment Care

Lasers Toenail Fungus (Onychomycosis) Treatment

Please read the following information carefully. You play a key role in making your treatment(s) even more successful.

Prior To Your Appointment

- Be prepared to give your medical history including any medications you take regularly.
- Be prepared to recall any previous treatments you have tried for your Onychomycosis and your response to these treatments.

The Day of Your Appointment

- Please make sure your nails are free of all polishes or lacquers.
- Allow 45-60 minutes for your appointment.
- Pre-treatment photos of your nails will be taken.

What To Do After Your Treatment

- You should have no side effects from this treatment.
- Your toes may feel warm after the treatment but this will resolve quickly.
- You will be given a prescription for topical Lamisil cream to use on the soles of your feet and between your toes. You should start this the day of your treatment and continue to apply twice per day for the course of your treatments. This is to prevent re-infection.
- You should begin to use an antifungal foot spray or powder in your shoes. This should be applied to the inside of all your shoes once per week for the duration of your treatments.
- You may apply nail polish 24 hours after treatment.

What To Expect

- As toenails grow very slowly, especially when unhealthy, you may not notice improvement for some time.
- When you do see improvement, it may be subtle. It is normal to notice thinning of thickened nails, clear nail growth at the nail bed and/or reduced discoloration.

To Prevent Reinfection During Your Course of Treatments

- Apply a thin layer of Lamisil cream to the soles of your feet and between your toes twice daily.
- Apply antifungal spray or powder to the inside of your shoes weekly.
- Wear sandals on any moist flooring such as gym showers, locker rooms and pool decks.
- Consider wearing slippers on all indoor hard-surface flooring.
- You can be treated at 3 - 6-month intervals depending on the growth of the nail. Please make sure your next appointment is pre-booked to avoid extended wait time.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE.