

Integrative Nail Fungus Therapy

After-Care Instructions



Aftercare during treatment is essential to maintain lasting results. It is advisable to purchase an aftercare home kit from the dispensary and fill a topical antifungal prescription which your doctor will give you. Since many patients have both athlete's foot and toe nail fungus it is important to treat each condition, therefore your doctor may prescribe over the counter or prescription-strength anti-fungal creams for that as well. Failure to eradicate or eliminate athlete's foot can make it nearly impossible to achieve a lasting cure for nail fungus.

1. Begin by washing your feet with soap and water each morning and evening. Dry your feet with a hair dryer then apply the prescribed topical antifungal cream twice daily to affected areas.
2. Fumigation of all footwear should be done on a flat surface, out of the reach of children. Use the provided kit, which contains an air-tight 20 gallon plastic zipper bag, a single 4-gram chlorine dioxide tablet, and a fumigation cup. This procedure may be necessary to perform every 4-6 months.
3. Fungus spores capable of causing human skin infections may exist on the floor of your bathroom, tub, and shower. We recommend that you regularly spray a bleach solution on dry flooring surfaces (bathroom, tub, shower) to kill fungal spores.
4. When undergoing treatment, we ask that you keep something on your feet such as socks or slippers to avoid re-infection. Nail polish should be avoided during treatment as it serves as a nail sealant which inhibits permeability and complete drying of the nail.
5. If possible rotate footwear since it takes a full 24 hours to completely dry out a pair of shoes after being worn. Having a pair of shoes that you can alternate wearing on an every other day basis is very helpful.
6. If your feet sweat, bring an extra pair of socks with you during your day and switch them out as needed. Natural fibers are best such as cotton, wool, bamboo, or silk.
7. Fungus likes darkness, heat, and moisture. Wear open toed shoes whenever possible. Sunlight and ocean saltwater can also be beneficial.
8. Wash socks inside out and bedding in the hottest water setting. Drying in high heat is also recommended. CAUTION: bleach may affect the coloring of clothing, and high heat may cause shrinking of materials.

If you experience worrisome signs or symptoms related to mechanical debridement or laser treatment of your nails, or any other concerns, we ask that you notify us immediately by calling our clinic at (604)-738-1012. A healthy nail is thin and pink.

Successful nail treatment is directly affected to how well you adhere to your at home care. Your daily efforts are cumulative and will reap benefits down the road.

Notes
