

## Laser Nail Fungus Removal

### Pre-Treatment Instructions

1. Prior to all laser treatments, the nail should be filed down until the nail bed is almost exposed. The thinner the nail, the better the treatment is.
2. Bring clean shoes and socks to wear home from the treatment.
3. Wash sheets, disinfect shower/bath and vacuum carpets day of treatment.
4. Number of treatments will depend on the severity of the Onychomycosis/Toenail fungus. Severely infected nails may take longer to resolve.
  - The average time interval between treatments is 6 weeks.
5. Due to slow nail growth, results may not be noticeable for 3+ months.
  - Toenails may take 9-12+ months and fingernails may take 6-9+ months to grow out.

### Post-Treatment Instructions

1. To help prevent re-infection:
  - Wear clean shoes/socks home from treatment.
  - Wash sheets, disinfect shower/bath and vacuum carpets day of treatment.
  - Apply anti-fungal cream 2X per day throughout the treatment. This can be bought over the counter. Any toe nail anti-fungal medication is ok.
  - Use Sterishoe disinfecting insert daily.Apply anti-fungal powder to all shoes at least 1x per week.
  - Keep nails trimmed and cleaned (disinfecting instruments after each use with bleach).
  - Do NOT walk barefoot in public places (pool, gym, etc.)
2. If a blister develops, do not pop! Apply triple antibiotic ointment and keep covered until it heals on its own.
3. Cold gel packs or cool compresses may be applied post-treatment on hot spots.

If you have any questions or concerns, contact us at (802) 861-2273 or email [info@barevt.com](mailto:info@barevt.com).

\*In case of emergency - please contact Jamie Spano (owner) at (802) 999-4070.