

LASER NAIL FUNGUS REMOVAL PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS

PRE-PROCEDURE INSTRUCTIONS

- Prior to all laser treatments, the nail should be file down until the nail bed is almost exposed. The thinner the nail, the better the treatment is.
- Bring clean shoes and socks to wear home from the treatment.
- Wash sheets, disinfect shower/bath and vacuum carpets day of treatment.
- 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.
- 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-PROCEDURE INSTRUCTIONS

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 okay.
- Use Sterishoe disinfecting insert daily.
- Apply anti-fungal powder to all shoes at least 1 time per week.
- Keep nails trimmed and cleaned (disinfecting instruments after each use with bleach).
- Do not walk barefoot in public places (pool, gym, etc.).

If a blister develops, do not pop! Apply triple antibiotic ointment and keep covered until it heals on its own.

Cold gel packs or cool compresses may be applied post-treatment on hot spots.

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 2** to be connected to our answering service. **For a true medical emergency, call 911.**