

## LASER NAIL TREATMENT

### PRE-CARE

- Come to your treatment with clean feet and free of nail polish.
- Use one of the following for 2 weeks prior to treatment and during the duration of treatment:
  - Fungimon
  - Zeabsorb-AF
  - Cruex Antifungal Spray
  - Micro-Guard Antifungal Powder
- Instructions: Apply to feet, socks, and shoes twice a day. Apply on feet two weeks after healing to prevent reoccurrence of fungal infection. Can also be used as a preventative during winter. Patients should keep appropriate hygiene conditions (such as daily washes) during treatment.
- Wear copper socks 2 weeks prior and for the duration of treatment for best results

### POST-CARE

- Continue with anti-fungal regimen after treatment.
- To help prevent reinfection:
  - Apply anti-fungal cream between treatments twice per day for up to 3 months depending on severity of infection.
  - Apply anti-fungal powder to all shoes at least once per week for at least 1 month between treatments.
  - Nail polish may be applied 24hr after treatment.
  - The average time interval between treatments in 2-4 weeks for 3-5 treatments.