



The Secret Garden
BOUTIQUE SKIN CLINIC
W I N C H E S T E R

Onychomycosis Aftercare, Pre and Post Care

- Bring brand new socks with you to wear home after your laser treatment or socks laundered at a min 60C
- Apply anti-fungal cream or spray twice daily on the toe nails, between toes and on the entire foot up to the ankle for about 2-3 months post laser. Fungi in the nail should be killed instantly with the laser; however you need to treat the surrounding skin to prevent re-infection.
- Use Anti-fungal powder/spray in all shoes twice a week for 4 weeks post and in between appts.
- Sterilize shower with thick bleach for 10 minutes, as there may be fungus/athletes foot on the skin of your feet. If you have Athletes foot present, you should wear flip flops for future showers to prevent cross contamination to others in the house hold.
- Throw out all old socks as Fungi will be present in them or launder them at 60 degree Celsius wash.
- Launder towels and bed sheets in a 60 degree Celsius wash.
- Change socks daily. Ideally wear wicking socks (dry fit socks). Wicking socks are best for sufferers of toenail fungus and for those who want to keep their feet dry. Wicking socks are made with synthetic fabrics which wick, or pull, perspiration away from your feet to the outer layer of the fabric. They help prevent blisters and chafing and fungus.
- Wear open toe shoes when possible, to allow air to the toe nails.
- Sterilize the interior of all shoes with Fungicidal product.
- Keep nails short. Clip fungal nails last, to prevent fungus spreading.
- Sterilize nail clipper/Nail scissors with fungicidal solution after every use. An ideal fungicidal solution is; Thick bleach & immerse clipper/nail scissors for 15 minutes. Antibacterial or Antiseptic products don't kill Fungi.
- Nail polish can be applied 24 hours later. (Throw out all old nail polishes. Use new nail polish, pour into a disposable dish and use disposable applicator brush, paint fungal nails last)
- Dry feet well and do not share towels with other family members, as fungus is contagious.
- If you have more than one nail infected, you will need a second treatment 4 weeks after your first treatment. (Results are not noticeable for 3 months post, and full nail take about 12 months to fully grow out)
- Please remove all nail polish before next laser treatment
- Results are not guaranteed & recurrence is possible.
- Reinfection may occur if above aftercare is not strictly adhered to.
- Any problems contact us; 01962 277 007

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