

Laser Treatment – Restoring Clear Nails
Post & Pre Care



Pre Care:

- o Remove all polish & anti-fungus ointment before your scheduled appointment.
- o Bring a fresh pair of socks with you to wear after your nail fungus laser treatment.

Post Care & to help prevent reinfection:

- o Wear clean shoes/socks home after treatment.
- o Wash sheets; disinfect shower/bath, and vacuum carpets day of treatment.
- o Wear comfortable shoes that fit well.
- o Change your socks every day. If excessive perspiration occurs, change your socks twice per day. Wear moisture-wicking socks, if possible, to help keep your feet dry.
- o Apply anti-fungal tincture 2x per day for approximately 2 weeks to 3 months depending on the severity of the infection.
- o Apply anti-fungal powder to all shoes at least 1x per week for at least 1 month.
- o Soak the feet in a vinegar solution twice per week:
7 tbsp. vinegar mixed in 2L of warm water - Soak for 20 minutes, then dry the skin and the nails completely. You may also add Epsom salts to the vinegar solution.
- o Avoid walking barefoot in public places (pool, gym, etc.). Always wear flip-flops in pool/shower areas.
- o Do not share socks, shoes, or towels with others.
- o Fungus likes to grow in dark, damp, warm climates. By eliminating any of these 3 factors you help achieve faster results and prevent re-infection. Allow your feet to get light and air when possible and avoid wearing dampened shoes; you may alternate shoes every other day to allow them to fully dry. Any moisture creates the perfect environment for nail fungus to flourish.
- o Wash your socks separately with bleach added to every load.
- o Nail polish may be applied 24hrs after treatment
- o The average time interval between treatments is 6 weeks.
- o 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. Severely infected nails may take longer.

NAME: _____ DATE: _____

SIGNATURE: _____

Please call us if you have any questions at 778-379-5444

Your referrals are greatly appreciated. We will send you a \$50 gift certificate towards your next treatment for each friend or relative that you refer to us.