 **Laser Treatment – Restoring Clear Nails**

**Post & Pre Care**

**Pre Care:**

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

**Post Care & to help prevent reinfection:**

* + Wear clean shoes/socks home after treatment.
	+ Wash sheets; disinfect shower/bath, and vacuum carpets day of treatment.
	+ Wear comfortable shoes that fit well.
	+ 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.
	+ Apply anti-fungal tincture 2x per day for approximately 2 weeks to 3 months depending on the severity of the infection.
	+ Apply anti-fungal powder to all shoes at least 1x per week for at least 1 month.
	+ 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.

* Avoid walking barefoot in public places (pool, gym, etc.).  Always wear flip-flops in pool/shower areas.
* Do not share socks, shoes, or towels with others.
* 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.
* Wash your socks separately with bleach added to every load.
* Nail polish may be applied 24hrs after treatment
* 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.  Severely infected nails may take longer.

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please call us if you have any questions at 604-682-4645

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.

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