

Fungal Laser Aftercare

Foot Care after Laser Treatment for Fungal Toenails

- Massage the cream into skin on the toes, tops, bottoms and sides of both feet, but use sparingly between the toes, apply 2 times a day for ___ weeks after the laser treatment.
- Apply topical antifungal medication to toenails daily.
- You may want to spray feet with antifungal foot powder at the beginning and end of each day.

To prevent infections, after the 6 weeks.

- Use any over the counter antifungal cream on skin 1-2 times a week forever.

To Sanitize Shoes:

- Spray shoes with clear sweep_spray daily after shoes are worn.
- Allow shoes to dry before using them again
- Do not use the same shoe two days in a row

Other Recommendations

- Clean your tub/shower with a cleaner containing bleach before the next use and then regularly.
- You may resume all normal activity.
- Have your toenails cut at least every 4-6 weeks.
- For best results, nail polish should not be used.
- If nail polish must be applied, it is recommended to use your own antifungal base coat and nail polish.
- If pedicure will be done, use your own instruments or seek care by salons that sterilize.
- Be sure to thoroughly clean and disinfect your own pedicure instruments before the next use after the laser procedure and after each subsequent use.
- Be sure to keep your important follow-up appointment or call to reschedule.
- Recognize and treat any new skin or nail infections early.