



LASER NAIL FUNGUS TREATMENT PRE & POST CARE INSTRUCTIONS

PRE-PROCEDURE INSTRUCTIONS

- You must file down your nails until they are almost exposed to the nail bed prior to all laser treatments. The thinner the nail, the better the treatment will be. Bring an extra pair of clean socks and shoes to wear home after the treatment.
- On the day of treatment, wash sheets, disinfect showers and baths, and vacuum carpets.
- The number of treatments needed is based on the severity of the Onychomycosis/toenail fungus. Severe infections may take longer to resolve. The average time between treatments is approximately 6 weeks.
- Results may not be noticeable for 3+ months due to slow nail growth.
- It may take 9-12 months for toenails to grow out, and 6-9 months for fingernails.



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POST-PROCEDURE INSTRUCTIONS

To prevent re-infection:

- Wear clean shoes/socks home from treatment.
- Wash sheets, disinfect shower/bath and vacuum carpets the day of treatment.
- Apply an anti-fungal cream twice a day throughout the treatment. This can be bought over the counter. Any antifungal medication for toenails is OK.
- Use a sterilizer insert daily.
- Apply anti-fungal powder to all shoes at least once a week.
- Keep nails trimmed and cleaned (disinfect instruments after each use with bleach).
- Do NOT walk barefoot in public places such as the pool, gym, etc.
- If a blister develops, do not pop it! Apply triple antibiotic ointment and keep it covered until it heals itself.
- Cold gel packs or cool compresses may be applied post-treatment to hot spots.

If you have questions or concerns after business hours following a procedure, please call us at 416-548-6548.
For a true medical emergency, call 911