



## Post Care for Fungus Laser Treatment

Follow-up care is important to the success of your toenail fungus laser treatment. Please keep these instructions for future reference.

- Normal activity may resume immediately.
- Apply an antifungal spray twice daily to **clean, dry feet**. Spray the tops of toes and let them dry completely before putting socks and shoes on.
- Spray the inside of your shoes with Lysol at the end of each day or use an ultraviolet shoe sterilizer (SteriShoe®) as directed. Shoes need to be sprayed every time they are worn.
- Increase time spent in open-toed shoes to reduce reinfection.
- Disinfect shower or bath tub with bleach.
- If your feet sweat a lot, use an antifungal powder or antifungal spray with baking soda and wear moisture wicking socks.
- Buy new nail clippers and files since your current pair may be infected. Metal nail care instruments need to be cleaned with diluted bleach or boiling water.
- Wash all fabrics your feet come in contact with regularly in hot soapy water, bleach or color safe bleach immediately following the laser treatment. (Examples: socks and bedding) Change bed linens twice weekly or wear a clean pair of socks to bed every night.
- Keep your toenails trimmed and clean at all times. Do not over trim your nails. Keep the ends of your nails smooth by using a disposable or sanitized nail file.
- Clean and scrub feet every night before going to bed.
- Wear shoes at all times, even at home. Especially in public places. Examples: hotel rooms, showers, gyms and swimming pools.
- Avoid nail salons that do not clean instruments properly.
- Dispose of all nail polishes since polish may be infected.
- Do not wear nail polish during treatments.

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