

## Fungal Nail Treatment – Aftercare Instructions

### Treatment Information

- **The procedure is quick and painless, targeting fungal infections in the nail bed using laser therapy.**
  - **The laser penetrates the nail to destroy fungal spores without damaging the surrounding tissue.**
  - **Multiple sessions may be required based on the severity and duration of the infection.**
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### What to Expect After Treatment

- **Mild warmth or tingling may be felt during the procedure, which is normal.**
  - **Redness or slight swelling around the treated nail may occur but typically resolves quickly.**
  - **Blistering, skin irritation, or mild discomfort may occur in rare cases.**
  - **Nail discoloration or lifting of the nail plate may happen as the infected nail grows out.**
  - **Reinfection is possible if hygiene is not maintained.**
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### ✔ DO's

- ✔ Dispose of or disinfect old socks, slippers, and footwear to prevent reinfection.
  - ✔ Maintain excellent foot hygiene by washing and drying feet thoroughly, especially between the toes.
  - ✔ Keep nails dry and exposed to air as much as possible.
  - ✔ File nails gently before each treatment session to allow laser penetration.
  - ✔ Wear clean, breathable socks and rotate footwear to allow airflow to your feet.
  - ✔ Apply antifungal powder or cream as directed, if advised by your practitioner.
  - ✔ Follow your practitioner's instructions regarding additional treatments or products.
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### ✘ DON'TS

- ✘ Do not paint nails or apply cosmetic products between sessions—this can interfere with the treatment's effectiveness.
  - ✘ Avoid wet environments such as pools, hot tubs, or showers for extended periods to prevent reinfection.
  - ✘ Do not pick at or injure the treated area—this may lead to infection or prolong the healing process.
  - ✘ Avoid tight-fitting shoes or anything that can cause friction around the affected nail area.
  - ✘ Do not neglect foot hygiene—if your feet are not kept clean and dry, reinfection is possible.
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### Important Notes

- Follow the recommended treatment schedule to ensure the best possible outcome.
- Reinfection may occur if proper hygiene is not maintained. If you experience any unusual symptoms or prolonged discomfort, contact the clinic immediately.