

FUNGAL NAIL TREATMENT

For a successful treatment the chain of infection must be broken. To help to do this, the best before and aftercare advice below must be followed carefully.

Pre Treatment Advice

Prior to treatment, we suggest that you visit a chiropodist/Podiatrist to confirm the diagnosis of fungal nail, and have the nail pared down if necessary. Please bring a pair of clean socks to wear after your treatment.

Post - Treatment Advice

1. Wash feet every day and dry well between the toes.
2. Apply Dactarin, or another anti-fungal cream, twice a day, morning and night after washing feet.
3. Keep nails short and cut straight across and always cut infected nails last.
4. Disinfect nail clippers and scissors after use and soak in bleach.
5. Always wear clean socks daily and wear clean socks at night as the fungus can spread onto bed sheets.
6. Where possible, wear open toe shoes without socks whilst treatment continues however, if you must wear enclosed shoes, always wear clean socks.
7. Wear flip flops or equivalent when showering or in public bathing areas.
8. Do not share towels with anyone
9. Disinfect shower / bathroom floors with bleach
10. Wash all clothing and bed sheets that have touched the nails on 60 degrees.
11. If possible, throw old shoes and slippers away and disinfect shoes with anti-fungal product frequently
12. Limit nail polish use – this can trap moisture and worsen the infection

