

S A P P H I R E

Skin . Body . Sculpting

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.