



## AESTHETICS & WELLNESS

### Laser Therapy for Toenail Fungus Pretreatment

For best results with laser therapy treatment, it is important to follow both pre and post instructions. Exfoliating your feet and toes before the treatment can help remove fungus living in the dead skin tissue. It is also important to remove all nail polish, as the laser will have a harder time penetrating the nail polish, thus reducing the efficacy of the treatment. Once the treatment is finished, you should wear a new pair of cotton socks, as the socks you wore prior to the treatment may still have trace fungus.

Things to do prior to your visit:

- ❖ Clip your toenails as short as is comfortable
- ❖ Clean and exfoliate your feet and toes
- ❖ Remove all traces of nail polish from your toenails including clear polish
- ❖ Bring a pair of new cotton socks with you

### Laser Therapy for Toenail Fungus Posttreatment

- ❖ Normal Activity: you can return to normal activities immediately after the fungus removal treatment. You will be able to walk, swim, hike, jog or do any other daily activity right after the treatment. While there could be some amount of redness around the treated toenail, it will disappear on its own within 24 to 48 hours.
- ❖ Personal Hygiene: Make it a point to thoroughly wash and dry your feet every day. Don't forget to dry between your toes.
- ❖ Medications: apply an anti-fungal spray or cream to your foot before and after toenail fungus removal. Do not forget the area around the nail and between the toes. Use as directed by the clinician, or twice a day for about two weeks and then once a day. The spray or cream you purchase should have any of the following active ingredients:
  - Clotrimazole 1%
  - Tolnaftate 1%
  - Miconazole 1%
  - Butenafine 1%
  - Terbinafine 1%
- ❖ Footwear: make sure you wash all your old socks in bleach to remove all traces of the fungus from your socks. Alternatively, you can invest in new cotton socks. If you are in a wet public place, such as indoor swimming pool, hotel bathrooms or locker room, wear sandals or flip-flops to reduce chances of re-infection.
- ❖ Maintaining Shoes: keep your shoes dry. Fungus proliferates in moist and warm environments, so make certain your shoes are made from breathable material and are not too tight. Also, use an anti-fungal spray or powder, like Laminal, Lotrimin, or Tinactin to minimize the chances of fungal growth.
- ❖ Toenail-Clipping: sterilize your nail file and clippers by boiling them for 30 minutes in water or submerging them in Isopropyl Alcohol or diluted bleach. When visiting nail salons, make sure the clippers and file are properly cleaned. Keep your nails short, as long nails can break and offer fungi easy access to your nail bed.

Following these instructions before and after toenail fungus removal visit will minimize the chances of re-infecting your toenails. Often more than one laser treatments are needed to reduce the fungal infection associated with onychomycosis

Contact Aria Aesthetics & Wellness with any questions or concerns that you may have. [info@arianc.com](mailto:info@arianc.com)