



Family Foot & Ankle Care
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POST PROCEDURE CARE FOR LASER TREATMENT

You have just received the most advanced laser treatment for fungus toenails. You will be scheduled for your second laser treatment today. It is very important to keep this appointment as it can affect the end results.

Most patients experience little to no pain post laser treatment. If you do happen to experience any discomfort you may take Tylenol for any minor discomfort.

The overall success in treatment of fungal toenails (onychomycosis) is not only the laser treatment but it employing the proper care and preventative measures to ensure that the fungal infection does not recur again in the future. Fungal organisms will grow and proliferate in dark and moist environments so it is crucial that you help to dictate the environment that your feet/toenails are exposed to in order to help prevent a recurrent infection. Please begin to take the following measures to prevent a future fungal toenail infection:

- 1) After treatment today you may spray an antifungal medication such as Tinactin in your footwear.
- 2) If your feet perspire utilize an anti-perspirant in order to manage hyperhidrosis (excessive perspiration). This is available in office if needed.
- 3) Rotate your shoes regularly exposing your feet to varied environments and wear shoes with good venting systems (i.e. mesh, perforating holes) to allow your feet to breathe better.
- 4) Utilize over the counter foot powders to help create a more arid environment for your feet.
- 5) Treat any athlete's foot infection immediately. The same fungal organisms that infect your skin will infect your toenails.
- 6) Thoroughly dry your feet including in between your toes thoroughly to avoid any moisture collection.
- 7) If you should notice any discoloration in your toenail plate or the toenail becomes brittle or thickened apply an over the counter anti-fungal topical ointment to treat the developing fungal toenail infection.

Most improvements will take place between seven to nine months after the initial treatment. You should begin to see results within three to four months of the initial treatment.