 Post Treatment Advice

 *FUNGAL NAIL TREATMENT*

* The lacuna method is not a short-term treatment, unfortunately there is no quick fix for fungal nail infections and it can take 18 months for a toenail infection to grow out completely.
* Additionally, studies suggest that in about 1 in 4 cases where the infection has been cleared from the nail, the infection returns within three years, unless you maintain your new foot care regime.
* In order to improve treatment outcomes and prevent recurrence follow the

advice below:

* Spray the affects toenail(s)1-2 times daily with Lamisil AT 1%Spray for at least six months.
* However, it can be as long as 18mths.
* Foot hygiene is essential, wash your feet well at least once a day and dry carefully especially

in-between the toes.

* We strongly advise against cutting your own toenails during the treatment period.

Instead please return to the podiatrist every 6-8 weeks to have the progress assessed, the nails trimmed and further holes drilled as necessary.

* Keep the feet cool and dry as far as possible.
* Avoid sharing towels, socks and shoes.
* Consider replacing old footwear as this could be contaminated with fungal spores. Or bring them in for us to put through the Klenz unit.
* Wear flip-flops in public places, such as communal showers.
* Wear mixed / blended socks / Bamboo socks and change them every day, replace often.
* Maintain and improve chronic health conditions (e.g., controlling diabetes, quitting smoking,etc.)
* Wear breathable footwear & cotton /polyester blend socks where possible.
* No nail varnish should be worn for the duration of the treatment.
* Rotate footwear and wear properly fitted shoes with a wide toe box to prevent injury to the nail.