



Patient Education: Laser Toenail Fungus Treatment

Laser toenail fungus treatment is a procedure that uses a laser to destroy the fungus that causes toenail fungus, or onychomycosis. A laser beam is directed at the toenail, penetrating through to the nail bed to kill the fungus. Laser treatment is generally safe, with little to no discomfort. It doesn't require the use of medications or topical ointments, and it can be a safer alternative to oral medications which can have side effects.

Before your appointment

Please purchase an anti-fungal powder such as Tinactin or Lotrimin or an anti-fungal spray and clear nail polish to use between treatments.

It is also recommended that you buy new nail clippers/files for post treatment since your current pair may be infected.

The day of your appointment

1. Clip your nails before your appointment. This preparation will allow you to remove as much of the infected nail as possible.
2. Clean nails and exfoliate your hands or feet to remove any dead skin that may be harboring fungus.
3. Remove all nail polish thoroughly before treatment. The laser energy cannot pass through nail polish. Even clear nail polish should be removed to achieve ultimate results.
4. Bring new socks and an additional pair of footwear or flip flops for after the appointment. If you choose to bring socks and shoes instead of flip flops, new cotton socks are best because of their moisture-wicking properties.

Following these steps allows for more effective treatments and for an increased likelihood that the fungus will not re-infect the nails.



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After your appointment

After your appointment, follow-up care is very important to the success of your nail fungus laser treatment. Please keep these instructions for future reference. Toenail fungus spores are very contagious.

1. Normal activity may resume immediately.
2. Wash and change bed sheets/blankets and all fabrics your feet come in contact with regularly in hot soapy water and bleach if possible immediately following the laser treatment.
3. Apply clear nail polish at all times in between treatments.
Note: Please remove the clear nail polish just before your next appointment.
4. Apply anti-fungal powder or anti-fungal spray to the insides of your shoes at the end of each day. Follow instructions on the box and by your provider. Try not to wear the same shoes every day, as allowing them to air out completely before next use will better decrease the conditions for fungal growth.
5. Keep your toenails trimmed and clean.
6. Avoid nail salons that do not clean instruments properly or use a whirlpool system.

Notes for Treatment:

- Five treatments are necessary to see improvement - it is highly contagious. More treatments may be needed.
- Appointments/ treatments are spaced 2 - 4 weeks apart. It is recommended to book while in-office after your appointment with the front desk to ensure your preferred day and time.

For any questions or concerns, please contact us at 907-252-3198 or on our Boulevard messaging portal.