



Recommended Pre & Post Care for Onychomycosis/Nail Fungus
For best results please follow these instructions

Before your treatment:

- Remove nail polish.
- Ensure nails are trimmed and cleaned thoroughly with a nail brush.

After your treatment:

- Wear clean shoes and socks home after treatment.
 - Wash sheets, disinfect shower/bath, and vacuum carpets day of treatment.
 - Apply anti-fungal cream 2x per day for approximately 2 weeks to 3 months, depending on severity of infection.
 - Apply anti-fungal powder to all shoes at least 1x per week for at least 1 month.
 - Keep nails trimmed and cleaned (disinfect instruments after each use).
 - Do not walk barefoot in public places (pool, gym, etc.).
 - Nail polish may be applied 24 hours after treatment.
 - Number of treatments will depend on severity of the Onychomycosis/toenail fungus.
 - The average time interval between treatments is 4-6 weeks.
 - Due to slow nail growth, results may not be noticeable for 3+ months.
 - Toenails may take 9-12+ months and fingernails may take 6-9+ months to grow out.
 - Severely infected nails may take longer.
 - If a blister develops, treat as a wound.
 - Cold gel packs or cool compresses may be applied post-treatment on hot spots.
 - Additional instructions: _____
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[The Med Spa]

Contact at Clinic: _____

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