



Before your treatment:

- Remove all nail polish
- Ensure nails are trimmed & cleaned thoroughly with a nail brush
- We highly recommend the use of the SteriShoe (available in the office) to pre-treat each pair of shoes, if you do not have a SteriShoe apply anti-fungal spray to all shoes
- Do not apply any topical antifungals (creams, oils, or powders) for 2 days prior to treatment

After your treatment:

To help prevent re-infection of the nail:

- Wear clean socks/shoes after treatment
- Wash sheets, disinfect shower/bath and vacuum carpets day of treatment
- We highly recommend the use of a SteriShoe (available in the office) to treat each pair of shoes to be worn at least once a week for 4 weeks or if you do not have a SteriShoe apply anti-fungal spray to all shoes
- Try not to walk barefoot in public places (pool, gym, etc.)
- Keep nails trimmed and cleaned (disinfect instruments after each use)
- Nail polish may be applied 24 hours after treatment
- Toenails may take 9-12 months & fingernails may take 6-9 months for complete regrowth.
- Severely infected nails may take longer
- Notify clinic of any concerns
- You may require additional treatments at **4 and 6** weeks depending on the severity of the nail infection
- Apply Formula 3 to visibly affected nails twice daily

Dr. Terry Cehler