



Before your treatment: Improve the results.

- Remove all nail polish at least 2 days prior to coming in.
- 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 or 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
- Apply athlete's foot cream to the sole of your feet and between the toes, do not apply to the nails prior to coming in for a treatment.

After your treatment: Make the Results last.

- 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 the following day while going through treatments then weekly. If you do not have a SteriShoe, apply anti-fungal spray like Clean Sweep, Clarus Shoe Shield, or Gordon Labs Mycomist.
- Use antifungal creams topically, massage the cream between all toes and on the soles of both feet morning and night, you do not need a prescription for these medications. Be sure to carefully look at the label, you should use a product with one of the following **active ingredients: clotrimazole 1%, tolnaftate 1%, terbinafine 1%, butenafine 1%, miconazole 2%, or undecylenic acid.** Use the cream form of these medications. You should use them consistently and make this a part of your daily routine. If you are prone to athlete's foot infections, **do not discontinue** their use; this will put you at a greater risk of reinfection. Please use **terbinafine or butenafine** cream for the first three weeks of your treatment
- Apply Clarus nail solution, clotrimazole, or Formula 3 to visibly affected nails twice daily.
- 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 to regrow, if they do not seem to be growing we recommend theranail, a nail growth supplement from CTS, it is available in our office.
- Notify clinic of any concerns
- You may require additional treatments at 4 and 6 weeks depending on the severity of the nail infection

Dr. Terry Oehler