



Nail Fungus Laser Post-Treatment Instructions

- You can resume normal activity immediately after treatment.
- Nail polish can be applied 24 hours after treatment.
- It's important that the nails and skin of the treated area(s) are kept clean and dry, especially after sports or activities involving water or moisture.
- Treat all your shoes with anti-fungal spray immediately after your treatment and at least once per week thereafter. Make this part of your healthcare routine.
- Wear only clean socks. Washing socks, sheets, and shoes with bleach will kill the fungus, mold or dermatophytes.
- If you shower anywhere outside of your own home (e.g. the gym), wear properly treated flip-flops or sandals AND disinfect those after each use
- Nails grow at the rate of 1-1.5mm per month. It may take 4 to 6 months to see new clean nail growth.
- These suggestions will almost certainly keep nail fungus a thing in your past. However, your environment may promote the recurrence of nail fungus even if you take every possible precaution.

Please do not hesitate to contact us with questions or concerns.