



Concierge Family Medicine & Aesthetics

LASER NAIL FUNGUS

Pre- Treatment Instructions:

Please notify your provider/medical staff of all medications you are taking, as some medications can make you photosensitive.

No sun-tanning or self -tanners 2 weeks prior to treatment (this includes spray tans, tanning lotions, tanning beds, sun exposure, etc.).

Remove all nail polish completely prior to your laser treatment.

If you have dark hair on your toes/fingers next to the nails, you should shave it prior to your treatment.

The treatment area must be free of any open sores or lesions.

You are not a candidate for Laser treatment if you are pregnant/breastfeeding or have been on Accutane in the last 6 months.

Post Treatment Instructions:

We recommend that you treat your shoes with an antifungal spray or powder, or household disinfectant such as Lysol at the end of each day.

The night of your initial treatment, change the bed sheets and vacuum carpets. Before your next shower, clean the tub/shower floor with a disinfecting cleanser containing bleach or use a product such as Lysol. Bleach bathtubs and bathmats regularly.

Disinfect nail clippers/nail files before and after use by soaking in bleach for 20 mins.

Always wear clean socks.

Keep nails trimmed and clean.

You may resume all normal activity. Wear flip-flops rather than walking barefoot, even in your own home. This is especially important at public areas such as pools and locker rooms.

You can reapply polish 24 hours after treatment.

If you are prescribed a prescription medication please use as directed.

Please notify our office of any concerns (blistering, excessive redness/swelling, etc.).

Your satisfaction and excellent outcome are our utmost goals. Please do not hesitate to contact us if you have any questions or concerns about your treatment. (724) 969- LAMB