



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 in 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