



Family Footcare, PC

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Post Laser Treatment for Fungal Toenails

Instructions for the patient

You have just completed your first laser treatment for fungal toenails. We want this to be as successful as possible. There are a few things you should do post laser treatment to help insure this.

- 1: We want you to start taking Biotin. This is a water soluble Vitamin B that is supposed to help with the appearance and increase the rate of growth of your hair and toenails. It is the rate of growth that we want. It gets the bad toenails off of the nail plate sooner.
- 2: You need to spray ALL of your shoes to protect your toenails from being infected from fungus in your shoes. We have an ultra-violet lamp for your shoes. We also carry a silver spray that kills fungus in your shoes. It lasts for six months and is activated by your own sweat.
- 3: You need to treat your toenails topically at the same time. Any previous treatment modality is fine. Vic's Vaporub mixed with urea is fine. We always recommend to use something along with the urea. The urea lets anything mixed with it penetrate keratin (which your skin and nails are made of) 40-60% better.
- 4: If you are continuing to use nail polish (which creates a dark environment for the fungus to grow) we recommend nail polish with anti-fungal properties.
- 5: If you are taking Lamisil oral medication along with having laser you need to have blood studies 6 weeks after you start taking the medication.

Additional instructions:
