



Laser Nail Fungus Post-Treatment Instructions

Before you leave our office:

- Put on a pair of clean white cotton socks that you brought to your appointment.
- Put on your shoes that have been sanitized with the SaniShoe during your laser treatment.

Home preparation for after your laser treatment, if not already done before treatment(s):

- Vacuum and mop all floors
- Change you bed linens and wash them in hot water
- Change your bathroom towels and wash them in hot water
- Thoroughly clean out your shower/bath with a bleach based bathroom cleaner

Foot Care:

- Use your SaniShoe every night on the shoes you plan to wear the next day
- Washing your feet with soap and water is the best way to prevent an infection.
- Always remember to thoroughly dry your feet whenever they get wet.
- Always wear flip flops in public areas. NEVER go barefoot
- Toenails should be clipped straight across.
 - Sterilize your clippers and files in bleach after every use
 - NEVER share clippers or files with ANYONE
- If your shoes and/or socks become wet immediately change them into dry footwear.
- Wear cotton socks
- Wear shoes that breathe
- When you get home immediately take off your shoes and socks.
 - But be sure to wear your flip-flops around the house
- Apply anti-fungal cream to your feet twice a day for _____ weeks
- NEVER wear artificial nails
- Avoid using nail polish until infection is cleared
- If you have a pedicure:
 - NEVER soak in the basin
 - Bring your own tools and sterilize them in bleach after every pedicure
 - NEVER walk barefoot in the pedicure salon or spa
 - Make sure your feet are thoroughly dry before putting on your shoes and socks

Spray and clean your shower/bath-tub after EVERY use with a bleach solution:

- Mix 1 tablespoon of bleach with 1 gallon of cool water. Mix thoroughly then place in a spray bottle for use in your bathrooms.
- We recommend that you take this solution with you, and use before using shower/baths outside of your home.
- Make sure to rinse out your shower/bath before your next use to avoid excessive bleach exposure.