



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(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 rubbing alcohol 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
 - Pedicures
 - NEVER soak in the basin
 - Bring your own tools
 - Sterilize your tools in rubbing alcohol 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 out 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 your home
- Make sure to rinse out your shower/bath before your next use to avoid excessive bleach exposure.