



Laser Nail Fungus Pre-Treatment Instructions

- For your safety with the laser ALL nail polish must be removed. THOROUGHLY remove ALL nail polish one week before your laser nail fungus treatment. It is best to do this 2-3 times before your treatment(s)

- You may be instructed to file down any thickened nails before your treatment(s). To do this you will need a package of disposable emery boards, towels, and bleaching cleansing solution. Using an emery board file down each nail to a thickness of 1-2 mm (normal nail thickness). Make sure your feet are over the towel while you are filing the nails. After you are done –
 - Wash the towel in hot water
 - Clean the surface and area in which you were filing your nails on with the bleach cleaning solution to sterilize

- Home preparation for before your laser treatment(s)
 - Vacuum and mop all floors
 - Change your bed linens and wash them in hot water
 - Change your bathroom towels and wash them in hot water (this includes all bath mats and area rugs in your bathroom)
 - Thoroughly clean out your shower/bath tub with a bleach based bathroom cleaner. This should be done every day

- Bring to your appointment a pair of clean white cotton socks to put on after your laser treatment.