

## ***Laser Toenail Treatment Home Instructions***

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### **1- Blow dry your toe nails after every shower**

This is extremely important in preventing moisture from staying under your toe nails. Moisture and darkness in the shoe make fungus grow.

### **2- Use Natural Nail Polish Only**

Regular nail polish has chemicals that may increase the fungus in the nails and make the nails brittle

### **3- Sanitize your shoes**

This can be accomplished using antifungal shoe sprays or using Ultraviolet light machines such as ShuVee.

### **4- Avoid Nail Salons**

### **5- Avoid Moist and Humid Areas**

Such as pools and spas. Allow your feet to be without socks and in open toe shoes as much as possible as humidity and darkness make fungus grow.

### **6- Avoid Being in Closed Shoes Long Hours**

Do not use the same pair of shoes every day.

### **7- Wash feet with Fungal Soap once daily**

### **8- Apply your topical antifungal treatment as instructed in the office**

### **9- Use Bamboo Charcoal fiber socks**