



### ***Nail Fungus Laser Post-Treatment Instructions***

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- You can resume normal activity immediately after treatment.
- Nail polish can be applied 24 hours after treatment.
- It's important that the nails and skin of the treated area(s) are kept clean and dry, especially after sports or activities involving water or moisture.
- Treat all your shoes with anti-fungal spray immediately after your treatment and at least once per week thereafter. Make this part of your healthcare routine.
- Wear only clean socks.
- Washing socks, sheets, and shoes with bleach will kill the fungus, mold or dermatophytes.
- If you shower anywhere outside of your own home (e.g. the gym), wear properly treated flip-flops or sandals AND disinfect those after each use
- Nails grow at the rate of 1-1.5mm per month. It may take 4 to 6 months to see new clean nail growth.
- These suggestions will almost certainly keep nail fungus a thing in your past. However, your environment may promote the recurrence of nail fungus even if you take every possible precaution.

**Please do not hesitate to contact us with questions or concerns.**