

Laser Nail Fungus Removal

Pre Care

- Schedule a consultation to assess the extent of your fungal infection and develop a customized treatment plan.
- Avoid nail polish and artificial nails for at least one week prior to your appointment to allow the practitioner to assess the nails properly.
- Maintain good foot hygiene in the days leading up to your treatment. Clean and dry feet reduce the likelihood of further fungal spread.
- Try to keep your feet dry and avoid damp environments (e.g., swimming pools, communal showers) before the treatment.
- Inform your practitioner of any medications you are taking or any medical conditions you have that may affect treatment.
- A topical antifungal treatment is recommended daily. Disinfecting all shoe wear is also important during this process.

Post Care

- After the treatment, keep your feet dry to promote healing and prevent reinfection.
- Allow your nails to grow naturally; avoid nail polish and artificial nails for at least two weeks post-treatment to monitor healing.
- Wear breathable footwear and avoid tight shoes for a few days after treatment to reduce discomfort and allow for optimal healing.
- Continue to avoid moist environments and practice good foot hygiene to prevent future infections.
- Keep an eye on the treated nails and report any unusual changes or concerns to your practitioner. Healthy nail growth should gradually replace infected nails.
- Schedule follow-up appointments as recommended to assess progress and determine if additional treatments are necessary.