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Recommended Post Care for Onychomycosis Treatments

For best results please follow these instructions

After your treatment, To help prevent re-infection:

- o Wear clean socks/shoes after treatment
- o Wash sheets, disinfect shower/bath and vacuum carpets day of treatment
- o Lightly file nails every 5 days and
- o Apply Formula 3 to nail(s) daily; especially before putting on shoes
- o Apply anti-fungal powder or spray to all shoes at least once a week for at least 4 weeks
- o Do not walk barefoot in public places (pool, gym, etc.)
- o Keep nails trimmed and cleaned (disinfect instruments after each use)
- o Nail polish may be applied 24 hours after treatment, but must be removed every 3-4 days
- o Toenails may take 9-12 months & fingernails may take 6-9 months to grow out
- o Severely infected nails may take longer
- o Consider getting the Steri-shoe Shoe Sterilizer to eliminate any fungus and bacteria from your shoes and prevent any possible reinfection from your shoes