

## Client Aftercare Advice – Fungal Nail Treatment

For a successful treatment the chain of infection must also be broken. To help to do this, the before and aftercare advice below must be followed carefully:-

### Pre-Treatment Advice

Prior to treatment, we suggest you visit a Chiropodist/Podiatrist to confirm the diagnosis of fungal nail, and have the nail paired down if necessary. Please bring a **spare pair of clean socks** to wear after your treatment.

### Post Treatment Advice

1. Wash feet **every day** and dry well between the toes.
2. Apply Dactarin, or another anti-fungal cream, twice a day, morning and night after washing feet.
3. Keep nails short and cut straight across and **always cut infected nails last**.
4. Disinfect nail clippers and scissors after use and soak in bleach.
5. Always **wear clean socks daily** and wear clean socks at night time as the fungus can spread onto bed clothes.
6. Where possible, wear open toe sandals without socks whilst treatment continues however, if you must wear enclosed shoes, always wear clean socks.
7. Wear flip flops or equivalent when showering or in public bathing areas.
8. Do not share towels with anyone.
9. Disinfect shower / bathroom floor with bleach.
10. Wash bedding, socks, tights, towels etc. on a 60 degree wash.
11. If possible throw old shoes and slippers away and **disinfect shoes** with anti-fungal product frequently.
12. Limit nail polish use – this can trap moisture and worsen the infection.

If you have any urgent concerns or queries regarding the treatment, please phone the clinic for advice.

I acknowledge receipt of this advice sheet.

Signed..... Date.....

Name (Print) .....