



Toenail Fungus

After Laser treatment Care of feet and toenails should include:

- Applying antifungal solution to toenails
- Applying antifungal cream to skin of feet
- Spraying interior of shoes with antifungal
- Wash feet regularly
- Keep toenails trimmed and clean
- Wash socks and sheets regularly
- Use moisture wicking socks
- Replace nail files periodically
- Only use nail polish with an antifungal component



Toenail Fungus?

Any treatment that clears a toenail visually is really only clearing the toenail cosmetically. Fungus remains in the toenail and the nailbed. Therefore preventative maintenance is necessary or the toenail fungus will cause discoloration and thickening again.

Instructions for Clarus Antifungal Cream

- Maintenance: Apply to skin of feet and toes once weekly to reduce the amount of fungus on the skin
- Treatment for an active skin infection: Apply to skin of feet and toes twice daily until all symptoms have resolved . (usually 3-4 weeks)



Instructions For Clarus Antifungal Solution

- Maintenance: Apply to the top and the end of the toenails once weekly to help reduce the chance of a returning fungal infection
- Treatment: Apply to the top and the end of the toenails twice daily. For treatment once daily is not adequate.



Instructions for Clarus Antimicrobial Shoe Shield

Spray into each shoe to coat the inside of the shoe. Allow to dry completely. Spray each shoe that you use nightly for the first 30 days. Spraying the shoes once weekly after that it is adequate.



If you would like to increase the penetration of this medication into the toenail ask about KERA Nail Gel

Nail Polish

- Do not use a standard nail polish
- Use only a nail polish with an antifungal component (Dr.'s Remedy nail polish)

