

## - Foot & Nail Care following PinPointe FootLaser Treatment

Many people with nail infections also have a skin infection known as tinea pedis or athletes foot and this is often the original cause of fungal nail infection and can allow re-infection of your nails.

You have been prescribed Lamasil/terbinafine cream or spray for immediate use. This is a fungicide – it kills the fungus on skin directly.

Starting tonight, please apply the cream or spray over the **entire** surface of both your feet. Apply it around the nails, in-between the toes, on the sole, heel and the top surface of your foot – **everywhere below the ankle**.

Continue this daily.

The London Nail Laser Clinic advises this daily use to our patients to remove existing fungal spores from the affected nails. In the long term it reduces the chance of reinfection. We suggest using Lamasil (terbinafine) initially until finished and then use Canestan (clotrimazole) and other brands as detailed at the bottom of the page.

Starting today, spray inside all of your shoes with Lamasil, Antifungal shoe spray, Antiseptic or other shoe sanitizer to treat any fungus, and allow your shoes to air.

## Prevention

It's easy to catch a fungal nail infection, and lots of people get them.

You are probably susceptible to fungus and at risk of re-infection.

The sooner you treat an infection, the easier it is to get rid of it.

You must also treat it effectively—7 days with Lamasil/terbinafine or 3 weeks with Daktarin, Mycil, Canesten...

Look for signs of redness, flaking, whiteness or moisture between toes as well as little spots around the arch and border of your foot.

The fungi that cause these infections live in warm, damp places, such as showers, and floors around swimming pools and in changing rooms.

Prevention of fungal infections is directed at avoiding situations that expose the foot to fungus and keeping the foot and shoe healthy and not allow it to become a breeding ground for fungus. Avoidance of occlusion has been shown to be a major factor in prevention and reduced severity of infection.

**Keeping your feet and hands clean and dry and AVOIDING OCCLUSION** is the best protection.

But there are many other things you can do. Here are some examples.

- ⇒ Take off your shoes when you're at home, to let the air get to your feet.
- ⇒ Wear shoes that let your feet breath - leather or canvas. Socks should be cotton.
- ⇒ Don't borrow other people's shoes.
- ⇒ Change your socks and shoes every day, especially when it's warm.
- ⇒ Keep spraying antifungal spray into your shoes and allow 24-48 hours drying between wearing.  
Wash your feet with soapy water and dry your feet well, especially after using communal changing areas.
- ⇒ Don't walk barefoot in public areas, such as around swimming pools or gyms. Wear flip-flops or sandals.
- ⇒ Use an antifungal spray after using communal changing areas.
- ⇒ Keep your toenails trimmed and clean and instruments should be also washed before and after use.  
If necessary, have your nails cut by a Podiatrist for you every 6-8 weeks.
- ⇒ Replace old nail varnish and foot products that are past their best.
- ⇒ Don't leave nail varnish on too long. Remove and replace regularly allowing a few days for the nails to breathe.

Examples of different antifungals include clotrimazole (Canesten<sup>®</sup>) cream, econazole (Ecostatin<sup>®</sup>), miconazole (Daktarin<sup>®</sup>) cream or Dry Powder Active Spray, Mycota<sup>®</sup>, Grisol AF<sup>®</sup> and terbinafine cream or Lamasil<sup>®</sup> spray. Calendula and Tea Tree have anti fungal properties and could be used as one of the products. We suggest using a variety of products in sequence and rotate brands as you finish one tube/bottle.

**Our main contact number is 0800 195 6406 and Amanda our Practice Manager direct number 020 3372 4018.**

**You can also email us on [info@naillaserclinic.co.uk](mailto:info@naillaserclinic.co.uk) should you have any other questions.**