

FOOT CARE AFTER LASER TREATMENT

Following your treatment for fungal nail infection it is important to treat the skin of your feet with **FungiFoam** antifungal foam. Apply a thin layer to the skin of both feet including between the toes, on the bottom of your feet, sides of your feet and heels morning and night.

Use the foam twice a day as part of your daily routine for three weeks following the laser procedure.

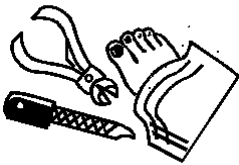


It is extremely important to disinfect your shoes. As part of today's treatment your shoes may have already been sanitized using a germicidal ultraviolet light or UVC. The **SteriShoe**[®] shoe sanitizer, which uses UVC, kills the organisms that cause toenail fungus (onychomycosis) and athlete's foot (tinea pedis).

The **SteriShoe** is the most effective shoe disinfectant, and we encourage you to purchase this device. It is available in our office and on our website.



Tonight, change the bed sheets and vacuum carpets. Before your next shower, clean the tub/shower floor with a disinfecting cleanser containing bleach or use a product such as Lysol.



Before you use your nail clippers again, sterilize them and nail files in a cup of bleach for 20 minutes or boil for 30 minutes. Always disinfect after use.

Keep your toenails trimmed and clean.

You may resume all normal activity. Wear flip-flops rather than walking barefoot, even in your own home. This is especially important at public areas such as pools and locker rooms.

Remember, toenails grow slowly. Improvement will take time.

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