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### **PRE-LASER INSTRUCTIONS:**

1. Remove all toenail polish and any creams, including lotion, before every treatment.
2. Bring an extra pair of clean socks and clean shoes separate from the ones worn to the office. Spray the extra pair of shoes with an antifungal foot spray powder the night before procedure. Spray is available at any drug store with an approximate cost of \$3.00 a can.

### **POST LASER TREATMENT INSTRUCTIONS:**

1. For the first 3 days following laser treatment, apply a thin layer of the antifungal cream to each foot, including each toenail.
2. After the first 3 days, apply antifungal cream once weekly for 3 weeks.
3. After 1 month, apply once a month.

### **KEEP NAIL FUNGUS FROM COMING BACK:**

1. Don't share shoes or nail clippers
2. Wear protective, properly fitting shoes for work and sports
3. Air out shoes regularly and use an antifungal spray or powder
4. Don't go barefoot in public places (health clubs, locker rooms, hotels, etc.)
5. Seek treatment for athlete's foot or other foot infections
6. Clean and dry your feet daily and use foot powder
7. Wear protective gloves for activities that could injure fingernails
8. Use sterile manicure and pedicure instruments