

Patient Name: _____

Pre-Treatment

- Purchase a new pair of socks that you can wear immediately after treatment, as a step of avoiding re-infection by the fungal spores.
- Purchase an anti-fungal spray prior to treatment, which will be used to disinfect your shoes.

Immediately Before Treatment

- Completely remove all nail polish, creams or lotions from every nail and skin surface around the treatment area.

Post-Treatment

- You may return to your normal daily activities immediately after your treatments.
- Keep the treated nails and skin clean and dry, especially after sports or activities involving water or moisture. Wear only clean socks. Treat all of your shoes with the anti-fungal spray immediately after your treatment and at least once per week thereafter.
- You may apply nail polish 24 hours after treatment. Discard any nail polish previously used on the nails. Use an anti-fungal cream on your nails for two weeks post-treatment.
- Change the sheets the 1st night after each treatment and wash socks and sheets with bleach.
- Clean your bath or shower with bleach prior to use. Clean all nail instruments with bleach before using them again. If you shower anywhere outside of your own home (e.g. the gym), wear properly treated flip-flops or sandals and disinfect them after each use.
- To achieve the best results, complete the full treatment schedule at the intervals recommended by your laser practitioner.

Your next scheduled appointment will be _____.

Other recommendations
