



**Recommended Pre & Post Care for Onychomycosis Treatments**

*For best results please follow these instructions*

Before your treatment:

- Remove nail polish
- Ensure nails are trimmed & cleaned thoroughly with a nail brush
- Spray all shoes with anti-fungal spray or disinfectant (Lysol). Continue weekly for at least 4 weeks.
- Do not apply topical or anti-fungal cream or powder for 2 days prior to treatment

After your treatment:

- To help prevent re-infection:
    - Wear clean socks/shoes after treatment
    - Wash sheets, disinfect shower/bath and vacuum carpets the day of treatment
    - Apply anti-fungal cream or spray to entire sole of foot, in between and on top of every toe twice a day for approximately 2 weeks (severe Athlete's Foot infections may require longer)
    - Apply anti-fungal powder or spray to all shoes at least once a week for at least 4 weeks
    - Do not walk barefoot in public places (pool, gym, etc.)
    - Keep nails trimmed and cleaned (disinfect instruments after each use)
  - Nail Polish may be applied 24 hours after treatment
  - Toenails may take 9-12 months & fingernails may take 6-9 months to grow out
    - Severely infected nails may take longer
  - Notify Clinic of any concerns
  - Additional instructions: \_\_\_\_\_
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Clinic: Athena Wellness Center

Contact at Clinic: Dawn Williams-Larson or Laurie Stulce

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