



### **LASER NAIL FUNGUS TREATMENT AFTER CARE**

Immediately after the treatments, you can apply an ice pack. It is normal for the treated area to feel warm for a few hours.

Avoid picking or scratching the nailbeds to achieve your best results. If any crusting, apply antibiotic cream. Follow instructions as specified by your laser professional.

You may shower after the laser treatments in tepid water. The treated area may be washed gently with a mild soap. The nail area should be patted dry and NOT rubbed.

Avoid direct sun exposure and tanning beds for 2 weeks prior and 2 weeks after the treatment to reduce the chance of dark or light spots.

It is recommended that you clean your shower, bathroom or any floors you walk on barefoot with bleach after each laser treatment to prevent re-infection. Consider throwing away any shoes you have worn without socks to prevent re-infection or at least wash them. Wash your bed sheets in hot water and if your partner has any amount of fungus, consider wearing socks to bed.

Plan for at least 2 treatment sessions spaced 2 weeks apart. You may require more treatments depending on the severity of your condition.

It may take 3-6 months to see the results of the laser treatment since it takes this long for the nails to grow. If there is still evidence of fungus once new nail growth is seen, you may need additional laser sessions.

Call RejuvenationMD with any questions or concerns you may have.