



## Congratulations!

This is your first step to healthier nails. (Clinic Name) is happy to assist you through this process of having healthy nails once again.



*This is a quick reference guide with step by step instructions explaining our protocol and how to use our advanced fungal products to eliminate your stubborn fungal nail condition.*

*Onychomycosis is a stubborn fungal infection in your nail. Fungi that feed on keratin, a structural protein within your nails, frequently cause this condition. Fungal colonies proliferate in moist environments and invade the nail bed by penetrating the margins of the nail. Fungal nail disease may result in pain from the thickening and may cause nails to grow in and effect the adjacent skin and cause an unpleasant appearance. Your practitioner has recommended laser therapy with additional products to use at home to help cure this condition. Please see below list and follow these instructions.*

- 1) BIOSEN Ultrasonic bath is a detergent to use in your washing machine for your socks. This will eliminate any microbes that are living in your socks and re-contaminating your skin and nails. Place your socks in the wash and simply pour the detergent in where you would normally place your regular detergent. We recommend splitting the package in half and do white socks in one load and dark in another load. You may also purchase a bottle. Continue to use this product until results have been achieved.
- 2) Anti-fungal foam is to be used daily on the skin on your feet. Ensure you are applying it between your toes. This is safe for diabetic use as this is a skin repair system that is absorbed quickly with LIPO 2<sup>®</sup> and BARIO EXPERT<sup>®</sup> technology with anti-fungal fighters (Tolnaftate and Clotrimazole) and is health Canada recognized to fight fungal infections.
- 3) Anti-fungal nail spray tincture- This is to be sprayed directly to your nails daily to prevent continued growth of fungus.

- 4) We recommend you place your shoes in the freezer for 48 hours to destroy fungus that may be existing in your shoes and can re contaminate your skin and nails.
- 5) You will be given a prescription by our medical doctor or Podiatrist. This will be called into your pharmacy. It should be ready for pick up in a few days. Contact your pharmacy directly to find out if it's been filled before attempting to pick it up. It takes a few days to process your order. This is to be brushed onto your affected nail(s) one to two times per day. Please follow the directions provided by your pharmacist.
- 6) You will be receiving non-thermal painless laser therapy treatments every week for four weeks at our clinic. You will be booked in advance for those appointments to ensure you receive an appointment each week as required. Please allow 24 hours notice for changes to those times as we need an hour for each appointment.
- 7) It takes approximately 12- 18 months for a toenail to fully grow out. Do not become discouraged it takes time. If your condition is mild to moderate, you will see results quicker than if you have a more severe case.
- 8) After your four weeks of laser therapy it is imperative to your success of eliminating fungus that you continue with your home care protocol. You will run out of your complementary kit in about two months and must replace the product. Products are always available here for your convenience. They are not available at pharmacies. We do not recommend alternate products found in pharmacies as we have researched extensively their efficacy rates and have determined they do not have the same success rate as the product we use.
- 9) You will need to set up another nail care treatment at the 24-week mark to assess your progress. If your condition was moderate to severe we may determine you need additional treatments with more laser. We will discuss this with you at that appointment and review the process with you at that time.

Thank you for putting your feet in our hands and we look forward to sharing your success with you



*This protocol has been endorsed by The Ontario Podortho Nursing Association Inc. and created by  
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