

ONYCHOMYCOSIS

PRE & POST CARE



PRE-TREATMENT CARE

- Check with your technician if you are on any photosensitive medications (medications making you more sensitive to light)
 - Self tanner, tanning beds, and anything else that can change the colour of your skin cannot be used 2 weeks prior to treatment
 - Fungus grows in a moist, dark environment and can spread from person to person. Ensure you are wearing clean footwear at public pools & showers.
 - Ensure you are not sharing foot products, like nail files or nail clippers.
 - Look into the candida diet. Nail fungus is a yeast (like all fungi) and can be proliferated by excess candida. The basics of this are: no nightshade vegetables, no dairy, no simple carbs
 - Invest in one or more of the following:
 - topical tea tree oil (external)
 - oil of oregano (internal)
 - food grade peroxide cleanse (internal)
 - ClenZyme (available at Nature's Fare)
 - Dettol for sanitation of clothing, shoes, bedsheets, etc.
 - Bleach for all white items
 - Powder anti-fungal for runners & any other shoes that will be sweat in or wear regularly
 - Footlogix - Sweaty Foot Formula
 - Consider a Live Blood Analysis appointment (Highly recommended)
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THE DAY OF

- Arrive to your appointment with the treatment area free of nail polish, lotions, tanning products, numbing creams, etc.
 - Avoid any activities that will increase the body temperature for at least 2 hours before and after treatments
 - Take Tylenol 45 minutes prior to treatment (optional)
 - If you have any residual self tanner, ensure you remove it prior to treatment, it WILL burn
 - Bring fresh socks/shoes to change into for post treatment
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POST-TREATMENT CARE

- Discomfort (heat) is possible for the following hour or two
 - Ensure everywhere you are is sanitized. Consider indoor shoes that can be sanitized daily, this will minimize cross contamination from floors.
 - Consider those you live with - are they at risk for cross contamination?
 - The hardest part of nail fungus is reinfection. What have your toes touched in the past that they will touch post treatment? Ensure all surfaces are sanitized.
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POST-TREATMENT CARE

- Schedule treatments 2 weeks apart
- If you experience any side effects to this treatment that you are unsure of, or that have not been explained to you, contact Odette's Clinic immediately with pictures (if applicable)
- Follow up session may be done 6 months after last session at 50% off