



Alexandria Family Podiatry
2843 Duke Street, Alexandria VA 22314
Phone: (703) 823-2357 Fax: (703) 823-1572
www.alexandriafamilypodiatry.com

LASER NAIL TREATMENT FOLLOW-UP INSTRUCTIONS

Now that you have had your laser nail treatment, it is important to follow the instructions below. Complying with these instructions will help optimize your results.

After the laser procedure:

- Inside your shoes, ensure there is a thumb's width of space between your longest toe and the end of the shoe. This will prevent your toenails from hitting up against the shoe, which may cause your nails to slightly separate from the toe and allow bacteria to enter and infect your nails.
- Apply anti-fungal topical cream/gel around the nail edges twice a day or as directed by your physician.
- Sanitize your shoes on a daily basis by using the SteriShoe Sanitizer.
- Do not wear nail polish.
- Do not get a pedicure.
- Keep your feet clean and dry, and wear clean socks.
- Be careful not to walk barefooted, particularly in communal areas.
- Avoid other behaviors or activities that may expose your nails to re-infection.

Please note that not following these guidelines may increase your chances of fungal re-infection. As you know, depending on the severity of your fungal infection, more than one laser treatment may be necessary for positive change or improvement. Also, please remember it is your responsibility to schedule a follow-up visit with your doctor so that he can evaluate your nails. Follow-up visits should be scheduled 90 to 120 days after your procedure. If you have any questions, please do not hesitate to contact our office at (703) 823-2357.

Thank you!