



Karma Wellness Center

Laser Nail Fungus Removal

Post-Treatment Care

Your nails have undergone a laser fungal treatment and will need consistent care as the damaged fungus is gradually cleared and healthy nail growth returns.

Following these guidelines will help **optimize your results, support healthy**



1. **Keep feet clean and dry.** Fungus thrives in dark, warm, moist environments. Expose feet to air and keep them clean and dry going forward.
2. **Wash daily with antifungal shampoo** (such as Selsun Blue or ketoconazole-based products).
3. **Dry thoroughly**, including between toes, using a towel or hair dryer.
4. **Wear cotton socks and breathable shoes:** change socks if perspiring.
5. **Use antifungal powder in shoes** and allow shoes to dry completely; alternate pairs daily.
6. **Trim nails regularly** and file thickened areas as directed.
7. **Use separate nail tools** and do not share.

Ongoing care:

1. **2-3 times weekly, soak feet in vinegar and water solutions** (1:1 ratio). This should **continue 6-12 months** after treatment to help prevent reinfection.
2. **Dry thoroughly using hair dryer after soaking or whenever feet are wet**, especially between toes going forward for life. It is very easy for fungus to return.
3. **Throw away shoes** if you wear one pair all the time
4. **Apply antifungal treatment daily** (topical solutions, oils or as directed by your provider).
5. **Continue treatment consistently**, even after nails appear clear.



1. **Do not keep feet in damp environments** for prolonged periods.
2. **Do not wear tight, non-breathable footwear.**
3. **Do not share nail tools, socks, or shoes.**
4. **Do not stop treatment prematurely**, as fungus can recur.

Please note:

Clean shower/tub, sheets, socks and if possible, sneakers with Clorox upon diagnosis and weekly throughout treatment. Wear sandals or water shoes in public showers and pools. You may need to continue the soak and nail solution at home for months after nails look clean by your practitioner.

Contact Us if you Experience

- ! **Severe pain** that worsens after treatment
- ! **Skin turning pale**, white, purple, or blotchy
- ! **Vision changes** or blurred vision
- ! **Skin blistering** or ulceration
- ! **Extreme swelling**

Please note:

Healing rates vary by individual. If you have any questions or concerns please contact our office



845-825-3362