



# Laser Nail Fungus Treatment

## Post-Treatment Care

Contact your provider if there is any indication of blistering or infection. Dark skin is more prone to hyperpigmentation. Notify your provider as soon as possible if you notice any areas on your skin are beginning to darken.

### DO

1. **Minimize discomfort.** Apply cool compresses 2 hours post-treatment and take Tylenol as needed.
2. **Cleanse twice daily.** After washing hands, clean treatment area with a mild, gentle cleanser such as Cetaphil. Gently pat dry with a clean, soft washcloth.
3. **Keep skin moist.** Reapply the occlusive ointment recommended by your clinician as needed to keep the skin moist until the surface level has healed.
4. **Cover treated area** with non-stick dressing
5. **Avoid submerging treated area in water** until healed (shower is okay)
6. **Avoid vigorous exercise**—and activities that may cause flushing or excessive
7. **Drink 64 ounces** of water daily
8. **Avoid direct sun exposure and protect against sun damage.** After the surface level has healed, apply zinc/titanium dioxide-based sunscreen daily.
9. **Reapply** every two hours when outdoors.

### DO NOT

1. **Do not take Advil** or other anti-inflammatory pain medications
2. **Do not apply any other skincare products** unless instructed by your provider
3. **Do not perform vigorous exercises** and activities that may cause skin flushing or perspiration.
4. **Do not consume alcohol** or spicy foods
5. **Do not scratch or pick** at the healing skin or pop or pick if blistering occurs.
6. **Do not expose skin to direct sunlight.** Continue to avoid direct sun exposure for the next 4 weeks, for best results up to 6 months. Skin will be more sensitive to the sun.

### Contact Us if you Experience

- ! Excessive Swelling
- ! Blistering
- ! Signs of Infection
- ! Severe pain not relieved with recommended care

**Please note:**

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



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