



Fungal Nail Infection (Onychomycosis)

How can I prevent further infections?

To prevent further infections with tinea pedis (athlete's foot), which may cause your nail infection to recur, we suggest the following instructions:

- Avoid going barefoot in public places such as gymnasiums, locker rooms, and other athletic facilities.
- Never wear someone else's shoes.
- When staying in hotels, never go without footwear, as fungal particles maybe present in the carpeting and on bathroom floors.
- Use an antifungal powder or spray in your shoes at least once a week.
- Throw away old tennis shoes and well-worn shoes,as they may be heavily contaminated with fungal particles.
- Wear shoes that fit properly and are made of materials such as leather that allow one's foot to "breathe".
- Wear socks made to wick away moisture from skin, such as running or hiking socks.
- If you see any signs of athlete's foot recurring, restart the cream we recommended as soon as possible. You might also consider an over-the-counter anti-fungal cream.
- Be sure other family members who may be infected are adequately treated.
- Keep your nails well-trimmed and filed.
- Spray Lysol® to insole of shoe, let air dry 24 - 48 hours.

Your doctor may also prescribe a prescription strength medication such as Penlac®,Lamisil®, or Jublia®.

What are some home remedies?

- Mellalluca Oil – Brush top of nail with applicator once daily.
- Tea Tree Oil – Brush top of nail with applicator once daily.
- Vicks Vapor Rub®- Apply to affected toenails daily.
- NonyX® gel – Apply to affected toenails daily.

How do I care for fungal nails at home?

Supplies needed:

Disposable emery boards; cut into small sections.

Penlac®, tea tree oil, nonyX® gel, or any topical antifungal nail solution.

- The best time to care for your nails is after bathing when nails are soft.
- Cut the nails along their natural contour.
- Do not cut into the corners of the nails.
- Gently rub one section of the emery board across the nail plate and along the tip of the nails.
- Discard emery board sections after each use.
- Apply the antifungal nail solution to the nail plate.
- Repeat once to twice daily until the nail grows out completely.

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