

Pre Care for Onychomycosis (Nail Fungus) Treatments

Before your treatment:

1. remove nail polish
2. Ensure nails are trimmed & cleaned thoroughly with a nail brush
3. Spray all shoes with any anti-fungal spray or disinfectant (Lysol). Continue to spray all your shoes during your treatment
4. Do not apply topical anti-fungal cream for 2 days prior to treatment
5. NO self-tanners 5 days prior to your treatment. Please scrub your hands/feet for 2 days prior to your treatment to remove all self-tanners.

We recommend 3 treatments spaced 4 weeks apart. Please adhere to treatment recommendations as you will have the best results.

CONTRAINDICATIONS TO TREATMENT (PLEASE READ PRIOR TO YOUR TREATMENT)

1. Pregnancy
2. Skin Cancer in treatment area
3. Current infection (bacterial, sores)

If you have any questions about your treatment, please notify us at 847.719.2200

Additional Instructions:

AMA Med Spa
Deer Park Town Center
20530 N. Rand Road
Unit #132
Deer Park, IL 60010

POST CARE INSTRUCTIONS FOR ONYCHOMYCOSIS (NAIL FUNGUS) TREATMENTS

Please read these instructions carefully. For best results, follow these instructions.
If you have any questions, please let us know.

1. To help prevent re-infection:

- wear clean socks/shoes after treatment
- wash sheets, disinfect shower/bath with disinfectant spray (Lysol) and vacuum carpets day of treatment
- apply anti-fungal cream or spray to entire foot, in between and on top of every toes (this applies to hands if you are treating for hand nail fungus) TWICE A DAY FOR 2 WEEKS (severe infections may require up to 3 months)
 - apply anti-fungal spray or powder to all shoes at least twice a week for at least 4 weeks
 - do not walk barefoot in public places (pool, gym)
 - keep nails trimmed and cleaned (disinfect instruments after each use)

2. Nail polish may be applied 24 hours after treatment

3. Toenails may take 9-12 months & fingernails may take 6-9 months to grow out. Due to slow nail growth, results may not be noticeable for 3 or more months. Be Patient!!!

4. Notify us at 847.719.2200 if you have any questions or concerns.

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