



Lowe Plastic Surgery (LPS)

Post Care: Harmony Nail Fungus Treatment

- Most fungal infections of the nails will require multiple treatments spaced a 3-4 month apart for the best results. The treatments are rarely curative but will often result in significant improvement and patient satisfaction.
- Laser treatment of nail fungus is effective but is associated discomfort that in can be improved with topical numbing agents placed prior to treatment.
- Patients scheduled to undergo nail fungus treatment will usually not require a dressing after the procedure. It is helpful in treatment of the toe nails to wear cotton socks and loose shoes or sandals to go home in after treatment.
- Most patients will experience minor pain for at least 12-24 hours after laser treatment. Although not typical, you could experience some prolonged redness, crusting or flaking.
- You may use ice or a cool, wet cloth if needed after treatment to cool the nail. It is best to wash the nail in the shower with soap and water the next day. Ibuprofen or Tylenol may be used for discomfort.
- Keep the area dry after laser treatment by drying the nail with a hairdryer for several days after treatment and using dilute Hydrogen Peroxide to clean open areas for 48 hours.
- Wash treated areas with a gentle cleanser. Wash with **cool** water – avoid hot water for 24 hours post treatment. Standard moisturizer may be applied after washing, when inflammation has subsided in about 48 hour.
- It will take 6-8 months in many cases for the nail to grow out fully. It is often best to have at least two treatments within that period for the best results. Most patients will require treatments at every year to prevent recurrence of diseased nail.
- Avoid aerobic activities or trauma to the nail for 48 hours following each treatment.
- Puffiness and swelling are common reactions to treatments and should subside within 3 days. Notify us should you have prolonged redness, excessive puffiness, or signs of infection.

If you have any questions or concerns regarding your treatment,
Do not hesitate to call us at 942-4300